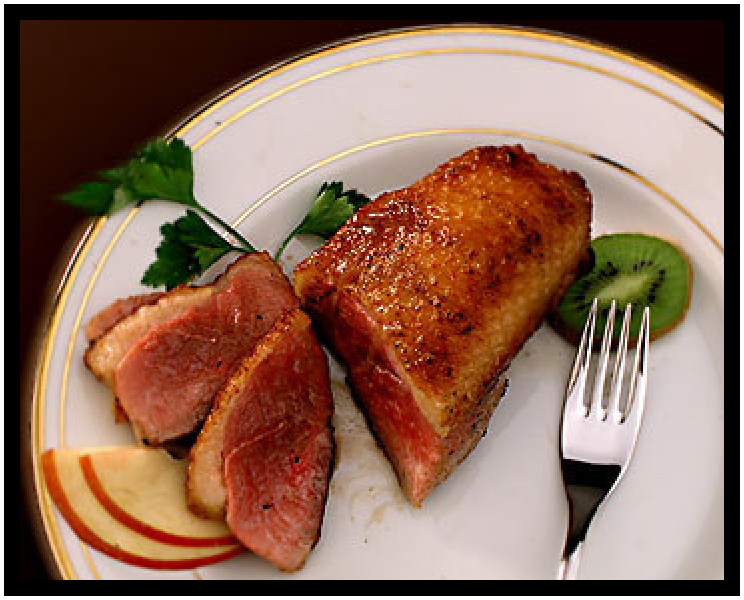
LOUCHUCK

The Finest



French Cuisine

By Laure Dubreuil

Bonjour,

Through this book, I would like to introduce you to the finest cuisine of my country. From appetizers to desserts, France is a culinary delight for every delicate palate. I hope you will enjoy this book, with a lot of recipes and photos. I have created some of the recipes, and they are very good.

You will be able to Order the ingredients at the end of the book. Thank you.

Bon Appétit!

Table of contents

APPETIZERS

Alsatian onion tart
Flammekueche

- 1 onion, thinly sliced
- ½ cup cottage cheese, whipped in blender
- ½ cup sour cream
- Salt and pepper
- 6 oz slab bacon
- 8 oz pizza dough or bread dough

Preheat oven to 450°. Combine the onions, cheese, sour cream, salt and pepper in a bowl and let stand 15 minutes. Cut the bacon into match stick-size pieces. Roll the dough on a lightly floured surface to obtain a 10" circle and place it on a cookie sheet. Spread the onion mixture over the dough to the edge and sprinkle with the bacon. Sprinkle generously with pepper. Bake 20 minutes, until the dough is crisp.

Serves 4 as an appetizer

Apéritif from Agen
L'Apéritif Agenais

- 8.8 oz prunes
- 3 Tbsp sugar + ½ cup sugar
- ½ cup Armagnac (or Cognac)
- 1 bottle good red wine

Place the prunes in an airtight container, sprinkle them with 3 Tbsp sugar and add the Armagnac. Close the lid and macerate 4 to 5 days, shaking the jar from time to time. After 5 days, add the bottle of red wine and ½ cup of sugar. Close the lid and macerate 3 more days. After 3 days, lightly press the prunes to extract the juice; filter and pour into a bottle. No further maceration is needed and this apéritif can be enjoyed right away.



Braised Endives with Ham
Endives braisées au Jambon

- 12 Belgian endives
- ½ cup of butter
- 2 tsp sugar
- Salt and pepper
- 1 Tbsp flour
- 2/3 cup milk
- 1 cup heavy whipping cream
- 2 cups grated Gruyère cheese (Order)
- Grated nutmeg
- 12 slices cooked ham

Wipe endives with a damp paper towel. With a pointed knife, remove the hard part from the base of the leaves by hollowing out the center. Melt 2 Tbsp butter in a non-stick frying pan. Add the endives, sprinkle with sugar, salt and pepper to taste. Cook about 40 minutes over medium-low heat (the endives should be lightly browned and soft). Meanwhile, melt 1 Tbsp butter in a saucepan. Add the flour and cook one minute, stirring constantly. Gradually add the milk and continue to stir. Cook until thickened. Add the whipping cream, 1/3 cup grated cheese, a pinch of nutmeg and salt and pepper to taste. Leave to cook another 5 minutes, stirring continuously. Preheat the oven to 425°F. Lay the slices of ham flat; sprinkle them with 1/3 cup grated cheese; top each slice with an endive, roll them up and arrange the rolls in a buttered ovenproof dish. Cover them with the sauce and sprinkle them with the remaining 1/3 cup of gruyère. Bake for about 30 minutes. Serve hot in the cooking dish.

Serves 6

Cheese Puffs
Gougères Bourguignonnes

- 5 Tbsp butter
- 1 tsp salt
- ¼ tsp black pepper
- ¼ tsp ground nutmeg
- 1 cup all-purpose flour
- 1 cup grated Gruyère cheese (Order)
- 5 eggs, at room temperature

Preheat oven to 425°. In a saucepan, add butter, salt, pepper, and nutmeg to 1 cup water and bring to a boil over medium-high heat. Reduce heat to low when butter melts. Add flour all at once to mixture and cook over low heat, beating with a wooden spoon until mixture pulls away from sides of pan, about 1 mn. Remove from heat. Add cheese to pan and beat with spoon until well incorporated. Add 4 of the eggs, one at a time, beating each egg into the batter until thoroughly absorbed. Continue beating until the mixture is smooth, shiny, and firm. On a lightly greased cookie sheet, drop batter in small spoonfuls (or pipe with a pastry bag) to form the Gougères. Beat remaining egg with ½ Tbsp water then brush tops of uncooked Gougères with egg wash. Bake in upper third of oven for 15-20 minutes or until the Gougères are golden and doubled in size. Remove from oven and serve hot, or allow cooling at room temperature. Makes about 36 Gougères. Serve as a snack, a hors d'oeuvre, or an accompaniment to a first course.

Crêpe Gateau with Crab
Gâteau de Crêpes au Crabe

- 8 crêpes
- 8 oz crab meat, picked over
- 2/3 cup mayonnaise
- small bunch of chives, chopped
- 1 tsp curry powder
- Salt and pepper
- ¾ cup whipping cream
- 1 head of lettuce, washed, leaves separated (escarole recommended)

Note: use the Batter for Sweet Crêpes recipe, omitting sugar and Rum to make 8 crêpes. Mix the crab meat and the mayonnaise; add the chives, curry powder, salt and pepper to taste. Whip the cream and carefully fold into the crab mixture. Set on crêpe on a serving platter; spread some crab mixture onto the crêpe, cover with a lettuce leaf, spread more crab mixture and top with another crêpe. Repeat 6 times, finishing with the last crêpe on top. Refrigerate 2 hours before servings.

Serves 4

Mini Brochettes of Ham and Sheep Cheese
Petites Brochettes au Jambon et au Fromage de Brebis

- 10 oz of firm sheep cheese (P'tit Basque, Ossau-Iraty) (Order)
- 1 garlic clove, minced
- 2 Tbsp basil, finely chopped
- 3 Tbsp extra-virgin olive oil
- 3 thin slices of Bayonne ham (or prosciutto, or serrano) (Order)
- 12 cherry tomatoes

The night before, cut the cheese into ½" cubes. In a bowl, add the cheese cubes, basil, garlic, olive oil, salt and pepper. Mix gently, cover with plastic film and reserve in the refrigerator for 12 hours. Cut each slice of ham in half lengthwise. On a toothpick, thread a tomato, an accordion-folded strip of ham and a cube of marinated cheese. Repeat until you run out of ingredients. Set the brochettes on a platter and serve.

Makes 12 brochettes

Endive Leaves with Smoked Salmon
Barquettes d'endives au saumon fumé

- 8 oz cream cheese, softened
- 1 Tbsp lemon juice
- 1 tsp finely grated lemon zest
- 1 Tbsp chopped dill weed
- Salt and pepper
- 4 heads of Belgian endive
- 3 oz smoked salmon (lox), cut in 30 piece

In a small bowl, mix the cream cheese, lemon juice and lemon peel together. Stir in chopped chives and dill. Season to taste with salt and pepper. Cover and refrigerate. Separate endives into leaves. Pipe or spoon about 1 ½ teaspoon of cheese mixture at the wide end of each endive leaf. Top with a piece of smoked salmon. Arrange in concentric circles on a round platter. Makes about 30 appetizers.

Makes about 30 appetizers

Snail & Mushroom Casserole
Cassolette d'Escargots aux Champignons

- 12 oz oyster mushrooms*
- 10 oz chanterelles mushrooms
- 7 Tbsp unsalted butter
- 1 Tbsp chopped fresh parsley
- ¾ cup ground blanched almonds
- 6 garlic cloves
- ½ cup water
- 6 dozen canned Burgundy snails (Order)
- Salt and pepper

Trim and wash the mushrooms. Cut into large cubes and place into heavy-bottomed saucepan. Add half the butter, the parsley, ground almonds, half the garlic, and water. Place over low heat and simmer for 15 minutes. In a skillet, melt the remaining butter, add the remaining garlic and cook over low heat for 1 or 2 minutes. Add the snails, season with salt and pepper, and sauté over medium heat until the snails are lightly browned. Divide the mushroom mixture evenly among six warmed plates. Arrange the snails on top and serve immediately.
*Other wild mushrooms may be substituted. Or used our canned chanterelles, cèpes or mixed forest mushrooms.

Serves 6

Walnuts with Roquefort
Noix au Roquefort

- ½ lb. Roquefort (Order)
- ¼ cup butter
- 1 tsp grated onion
- 1/8 cup minced celery
- Dash Worcestershire sauce
- Dash salt and pepper
- 48 walnut halves

Mash Roquefort. Add butter, onion, celery and Worcestershire. Beat until smooth and well blended. Add salt and pepper to taste. Chill. With moistened hands, roll mixture into 24 small balls. Press two walnut halves on either side of cheese ball. Serve at once.

Makes 24 hors d'oeuvres



Foie Gras in Pastry
Chaussons de foie gras

- ½ lb frozen flaky pastry
- 2 ¼ oz block of duck foie gras (Order)
- 1 egg

Shape the pastry into a rectangle (a large one for four people or little individual portion size ones for canapés). Spread a thick layer of foie gras over the pastry. Fold in two. Brush top with egg. Place on greased cookie sheet and bake in medium oven for 20 minutes. Serve with green salad.

4 Servings

Fig and Bacon Brochettes
Brochettes de Figues au Bacon

- 9 fresh figs
- 1 Tbsp herbs of Provence (Order)
- 9 slices of lean bacon, cut in half
- 1 Tbsp extra-virgin olive oil

Soak 6 wooden skewers in cold water for 20 mn. Cut the figs in half lengthwise. Season them with herbs of Provence. Wrap each half fig with a piece of bacon. Spear them on wood skewers, three per skewer. Brush with olive oil. Grill in the oven or on the barbecue just until the bacon starts to sizzle. Serve hot with grilled meat or roasted poultry.

6 Servings



French Onion Soup
Soupe à l'Oignon Gratinée

- 3 Tbsp butter
- 5 to 6 medium onions, halved and thinly sliced
- Salt and pepper
- 2 Tbsp flour
- 9 cups beef stock
- 1 Tbsp brandy
- 6 large slices of toasted French bread
- 12 oz Gruyère cheese, grated (Order)

In a large saucepan, heat the butter. Add the onions and cook over medium-high heat, stirring occasionally, until well-browned, about 20 minutes. Season with salt and pepper. Reduce heat to medium and stir in the flour. Brown lightly, about 2 minutes, stirring. Add the beef stock, increase the heat to high and bring to a boil. Reduce heat to medium and simmer for 30 minutes. Add the brandy.

Preheat the broiler. Place enough bread in each of 6 ovenproof bowls to cover the surface once the bowls are filled with soup. Ladle the soup into the bowls. Sprinkle the soup with the cheese and place under the broiler until the cheese has browned, about 5 minutes. Serve immediately.

6 Servings



Fried snails to the crushed of tomatoes
Escargots frits à la concassée de tomates

- 4 dozens of snails (Order)
- 2 boxes of cherry tomatoes
- 3 garlic pods
- 2 soup spoons of olive oil
- salt
- pepper
- parsley
- origan.

Drain the snails. Peel the garlic pods and chop them finely. Wash the parsley, spin it and chisel it. Pass the tomatoes under water, wipe them then, cut them in 2 or in 4. Heat the oil in a frying pan, brown the snails then reserve to the hot. Then, brown the tomatoes 5-6 minutes with a good pinch of origan and garlic. Add salt and pepper. Pour the crushed tomatoes on plate and dispose the fried snails over them, then sprinkle with chiseled parsley. Serve immediately.

4 Servings

Garlic Soup from Périgord
Tourin Périgourdin

- 1 tsp of goose fat (Order)
- 4 medium onions, finely chopped
- 1 Tbsp flour
- 4 large garlic cloves, peeled and crushed
- 3 tomatoes, peeled, seeded and diced
- 4 cups chicken stock
- Salt and pepper
- 6 slices of French bread
- 1 Tbsp butter
- 2 oz Gruyère cheese, grated (Order)
- 2 egg yolks

In a stockpot, melt the goose fat on medium heat. Add the onions and sweat them for a few minutes. Sprinkle the flour over the onions and stir. Add the garlic and 1 cup of boiling water. Cook for one minute, stirring. Add the tomatoes, chicken stock, salt and pepper to taste. Simmer over low heat for one hour. Preheat the oven to 475°. Toast and butter the slices of bread; sprinkle them with the grated cheese. Place each slice at the bottom of six ovenproof soup bowls and set them in the oven for 5 minutes. Beat the egg yolks and add half a cup of soup; mix and pour into the soup. Turn the oven down to 325°, ladle the soup into the bowls and bake in the oven for 5 minutes. Serve immediately.

Serves 6



Skewers of Snails
Escargots en brochette

- 1 zucchini, cut into rounds
- 4 cups small gray snails (Order)
- 6 carrots
- ½ cauliflower, separated into flowerets
- 6 broccoli spears, separated into flowerets
- 6 red-skinned potatoes, cut into rounds

- 4-1/2 cups vegetable broth
- 1 orange peel, cut into slices
- 3 peppercorns
- 1 teaspoon salt

Steam the cauliflower, broccoli, squash and potatoes, separately, until tender. Cook the carrots in boiling water. Rinse the snails. Heat the vegetable broth; add the orange peel, peppercorns and snails. Simmer for 5 minutes. Strain.
Thread the snails onto the skewers, followed by the vegetables, another snail and so on.

Serve the skewers warm, accompanied by sauce (Order).



Melon Soup with Port and Prosciutto
Soupe de Melon au Porto et au Jambon de Parme

- 2 cantaloupes
- Juice of 1 lemon
- Salt and pepper
- 6 Tbsp Port
- 6 thin slices of prosciutto, cut into small narrow strips

Cut the melons in half, remove the seeds and cut the flesh into chunks. Place the pieces of melon, lemon juice, salt and pepper in a food processor and purée. To serve, set the chilled soup in six bowls. Stir one tablespoon of Port in each bowl and garnish with the strips of prosciutto.

6 Servings



Prawns and Scallops with Fleur de Sel
Coquilles St Jacques et Bouquets à la Fleur de Sel

- 9 prawns or jumbo shrimp
- 9 sea scallops
- 3 Tbsp extra virgin olive oil
- 1 Tbsp freshly ground black pepper
- 1 teaspoon Fleur de Sel de Guérande (Order)

Shell the prawns and devein them. Brush them and the scallops with 1 Tbsp of the olive oil. Sprinkle the pepper in a non stick sauté pan and place over low heat. Let the pepper heat gently and then pour the remaining 2 Tbsp of oil. Add the shrimp and scallops and cook over high heat for 40 seconds on each side. Sprinkle with the fleur de sel. Divide the seafood among three warm plates and drizzle with the pan juices. Serve at once.

3 Servings



Langoustines aux lardons
Prawns to the bacon

- 16 prawns
- 6.3 oz of smoked lard
- 5 wisps of fresh coriander
- 10 pink bays
- 2 sachets of white butter
- Salt and pepper

Peel 12 prawns while keeping the extremity of the tail. Peel completely the four others. Flatten lightly with the blade of a knife the 12 prawns. In the bowl of a blender, put the flesh of the other prawns; add the lard, the coriander and the pink bays. Salt moderately and pepper. Mix all. Spread this preparation on the prawns,

and cook them to the vapor for 4 minutes. Heat the sauce at "bain marie" (put a small pan over a large pan of boiling water). In each plate, deposit the 3 prawns to the lard and add a little white butter. Decorate with leaves of coriander.

Servings 5 to 6



Salmon and eggs in gelée
Oeufs et saumon en gelée

- 4 small slices of smoked salmon
- 1.7 oz of salmon eggs
- 2 shelves of fish aroma
- 8 sheets of gélatine (Order)
- 4 bits of dill
- 4 eggs

Cook the salmon with vapor 10 minutes and let it cool. Place in the freezer 4 cuts. Soften the sheets of gélatine in cold water. In a pan, dissolve the shelves of aroma in 7 fl oz of water. Bring to boil, then reduce and leave it for 5 minutes. Out of the fire, add the sheets of gélatine dissolve them then let them cool. In the very cold bowls, pour some gelée, still liquid and put in the fridge for 10 minutes. Leave and place a bit of dill at the bottom of each bowl. Spread the salmon eggs, cover with the remainder of gelée and let it rest in the fridge for at least 2 hours. Take off of the mold and serve chilled. You can decorate or accompany this dish with a salad.

4 Servings



Shrimp Bisque
Bisque de Crevettes

- 1 package of Aromont lobster sauce
- 1 fl oz whipping cream
- 2 Tbsp butter

- 1 carrot, finely diced
- 1 small onion, finely diced
- 1 branch of celery, finely diced
- 1 ¾ lbs medium shrimp, in their shells
- ¼ cup Cognac (Order)
- ½ cup dry white wine
- 1 cup whipping cream
- Salt
- Cayenne pepper (Order)

Pour 9 fl oz of warm water in a small saucepan. Add the package of lobster sauce; bring to a boil for one or two minutes, stirring with a whisk. Add 1 fl oz whipping cream; blend well and set aside. In a large saucepan, brown the carrot, onion and celery in 1 Tbsp of butter over medium-high heat. Add the shrimp and stir with a wooden spoon until the shells turn red. Remove from heat and flambé with the Cognac. Return to the stove, add the white wine and the reserved lobster sauce. Simmer gently for 10 minutes. Strain all the ingredients through a sieve. Shell the shrimp and put them back into the saucepan. Add 1 cup of whipping cream and bring to a boil. Add salt and cayenne pepper to taste; swirl 1 Tbsp of butter into the soup and serve immediately in warmed soup bowls.

6 Servings



Tomatoes with Crottin cheese
Tomates au fromage Crottin

- 4 Crottins de Chavignol (Order)
- 8 tomatoes, average size
- Basil leaves
- Salt
- Pepper
- Olive oil

Drop the tomatoes in boiling water for a few seconds this will make pealing them easier. Once pealed cut the tops off and take out the insides with a spoon.
Make sure you keep tops, these will be needed later. Cut the crottins in two, place them in a bowl and add four spoons of olive oil. Salt and pepper. Mix to obtain a smooth paste. Use this paste to fill the tomatoes. Place the basil leaves on top. Take the tomatoes top and put them on the tomatoes. Place in a cold place for an hour.

4 Servings

Caution, allow the tomatoes and the goat's cheese to be well impregnated with the basil.
Serve well cooled. A pleasant starter for a summer's day. The cheese and the tomatoes marry well together.



Truffled Onion Soup
Soupe à l'Onion Truffée

- ½ lb onions, finely sliced
- 3 Tbsp butter
- 2 tsp flour
- 1 quart beef broth
- 2 floz whipping cream
- 0.9 oz black winter truffles (Order)
- Salt and pepper
- 2 Tbsp grated parmesan

Heat the butter in a saucepan; add the onions and cook very gently over low heat until the onions are very soft. Do not allow to burn. When the onions are light-brown, sprinkle with the flour and cook for 2 minutes, stirring constantly, until the flour turns light-brown. Add the broth, stirring to avoid any lump and cook for 30 minutes over low heat. Meanwhile, pour the whipping cream in a small cup, grate the truffle (or cut it in very small pieces), add the truffles to the cream, cover with plastic wrap and set aside while the soup is cooking. Check the seasoning of the soup, add the truffles and the cream, stir and pour into 4 warmed bowls. Sprinkle with the grated parmesan.

Serves 4



Turkey Terrine to the vegetables
Terrine de dinde aux légumes

- 17.6 oz of turkey
- 11.15 fl oz of sour cream,
- 5.2 oz of carrots 7.0 oz of zucchinis
- juice of a lemon
- 3 soup spoon of olive oil
- 1 Tbsp of mustard à l'anciènne (Order)
- Salt
- Pepper.

Cut the half of the turkey in pieces and cut the lanières (thin long stripes) in the net remaining. Peel and cut the vegetables in sticks. Mix the turkey pieces add the cream, the salt, the pepper to obtain a homogenous mixture. In a terrine, alternate the sticks of vegetables and the turkey lanières while separating them with a layer of mixture. Follow thus in Order to fill the terrine. Cover with foil and put in the oven 40 min at 302 F. When cooked, let it cool. Serve well fresh. Accompany with vinaigrette made with the lemon juice, the olive oil, the mustard, the salt and the pepper.

10 Servings

BEEF



Pot-au-feu
Beef and poultry stew

- 35 oz of beef (flat of ribs)
- 2 whites of poultry (hen or turkey)
- 4 bones of marrow
- 4 carrots
- 4 leeks
- 8 potatoes
- 2 bouquets of herbs (thyme…)
- 1 soup spoon of beef broth
- 1 onion
- ½ soup spoon of cooking salt
- 5 grains of black pepper

Place the meats (except the poultry) in a stewpot and cover them with cold water. Carry to boiling and foam. Let it cook for 1 h 30 (35 mn in pressure cooker) then add the poultry, the peeled vegetables, the 2 bouquets and the broth, the onion, the salt and the pepper. Cook again for 25 mn (10 mn in pressure cooker). Add the bones of marrow and poach 10 mn on soft fire. Serve the vegetables and the meat in a hot dish with a little filtered broth. Accompany with cooking salt. For this dish, you do not need a side dish because the Pot-au-feu to itself is the dish with meat and vegetables.



Beef Daube with Porcini and Orange

Daube de Boeuf aux Cèpes et à l'Orange

- 4 ½ lbs. stewing beef, cut into large pieces
- 4 carrots, peeled and cut into rounds
- 3 medium onions, coarsely chopped
- 2 garlic cloves
- 1 sprig fresh parsley
- 1 celery rib, thickly sliced
- 3 bay leaves
- 1 Tbsp fresh thyme (1 tsp dried)
- ¼ cup Cognac
- 1 bottle sturdy red wine
- ¼ cup plus 1 Tbsp extra-virgin olive oil
- 1 tsp whole black peppercorns
- 3 whole cloves
- 3 Tbsp unsalted butter
- 2 oz dried cèpes, soaked and well-rinsed (Order)
- 1 Tbsp tomato paste
- Salt and pepper
- Grated zest and juice of 1 orange

One day before servings the stew, in a large bowl, combine meat, carrots, onions, garlic, parsley, celery, bay leaves, thyme, Cognac, wine and 1Tbsp olive oil. Tie cloves and peppercorn in a piece of cheesecloth; add to the bowl, toss well, cover and refrigerate 24 hours. Let meat and vegetables return to room temperature. Remove meat from marinade. Set vegetables aside. Transfer liquid and cheesecloth bag to a large pot. Bring to a boil over medium-high heat. Boil for 5 minutes to reduce slightly. Remove from heat. In large skillet, melt butter and ¼ cup olive oil. Brown meat on all sides; with slotted spoon transfer meat to the liquid in the pot. In the same skillet, sauté the vegetables about 7mn and transfer them to the pot. Add mushrooms to the skillet and sauté about 5 minutes; set aside. Stir tomato paste into pot. Bring to a simmer and cook meat until very tender over very low heat, about 3 ½ to 4 hours. Stir in salt and pepper to taste, mushrooms, and the orange zest and juice. Discard cheesecloth bag.

8 Servings



Beef Fillets with Flageolets Beans
Tournedos aux Flageolets

- 10 oz dry flageolets
- 1 bouquet garni
- 2 onions, peeled
- 2 cloves
- 1 cube butter
- ¼ lb mushrooms, sliced
- 4 filets mignons of beef
- 4 Tbsp chopped parsley
- Salt, pepper

Soak flageolets overnight. Drain and place in large saucepan; add 3 times volume of cold water, bouquet garni, onion and cloves. Simmer 45 mn. Chop second onion. In frying pan, sauté onion in 2 Tbsp of butter. Cook the peas. Add sliced mushrooms. Cook 15 mn over medium heat. Meanwhile, salt and pepper the filets mignons and broil them. Drain beans and reserve cooking juices. Remove onion, cloves and bouquet garni. Purée the flageolets, salt and pepper to taste. If necessary, thin down purée by adding some cooking juice. Incorporate butter. Serve tournedos over the flageolet purée, garnish with mushroom slices and chopped parsley.

4 Servings



Beef with raisins
Boeuf aux Raisins

- Beef to be braised:
- 35 oz, oils
- 2 soup spoon chopped onion
- 1 chopped garlic
- 3 pods crushed tomatoes
- 3 green pepper (seedless)
- 12 stuffed olives
- 1 powder clove pinch
- vinegar 2 soup spoon

- 5.2 oz dry grapes
- salt, pepper

Cut the meat in cubes, put in a casserole and to cover water with height, salt and carry to boiling, reduce heat, cover and let cook with soft fire 1 ½ hour, then withdraw the lid and let it cook until almost complete evaporation of the liquid. Heat oil in another casserole, brown onion and garlic, add tomatoes and cook during 5 mn. Add to the casserole sweet pepper, olives, the pinch of clove and vinegar then let it cook gently during 10 mn. Then add the meat and the grapes, continue cooking 10 mn while frequently stirring up.

6 Servings

Beef with Olives
Boeuf aux Olives

- 8 oz slab bacon
- 2 Tbsp olive oil
- 2 lbs stewing beef, cut in 2 inch cubes
- 3 garlic cloves, finely chopped
- Salt and pepper
- 1 cup dry red wine
- 1 onion
- 1 clove
- 1 Tbsp grated orange zest
- 1 bouquet garni (thyme, bay leaf, parsley)
- 1 lb potatoes, in thick slices
- 10 black olives
- 10 green olives

Blanch the bacon in boiling water for 5 mn, drain and cut into small cubes (lardons). Heat the oil in a large pot and brown the beef and the lardons at medium-high heat. Add the chopped garlic, salt and pepper to taste and the red wine. Bring to a boil, then add enough hot water to cover the meat. Add the onion picked with the clove, the orange zest and the bouquet garni. Cover and simmer for 1h30. Add the potatoes and cook another 15 mn, uncovered (the sauce should reduce but not completely evaporate). Add the olives and cook 15 mn more. Serve very warm.

4 Servings



Beef Fondue
Fondue Bourguignonne

Tender, thinly-sliced pieces of beef are cooked in a combination of butter and cooking oil then dipped in flavorful sauces. From The Fine Art of Fondue

- 3 pound piece boneless beef sirloin or tenderloin
- Cooking oil (canola or other vegetable oil)
- Butter

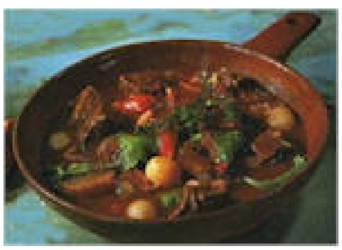
Dipping Sauces:

Trim the fat from the mean; cut into bit-size cubes. Keep refrigerated until 20 minutes before cooking.

Fill a metal fondue pot about 1/2 full with half oil and half butter (you can use oil only, if you prefer). Heat the oil/butter on the stove until is about 360 degrees. If you are using the butter and oil combination then heat slowly until the butter bubbles and the mixture turns a golden color. Set the fondue pot on the stand over a moderately high direct heat and maintain the heat.
To Serve:
Each guest spears a cube of beef with a fondue fork, holds in the hot oil until cooked to the desired doneness usually 1 to 3 minutes. Dip in one of the sauces included on this page.

Sour Cream Mustard Sauce

- 1/2 pint sour cream
- 1/2 mayonnaise
- 1/4 cup prepared mustard
- 1 tablespoon finely chopped onion
- Dash of Hot Pepper Sauce, such as Tabasco



Beef Stew
Boeuf Bourguignon

Beef Bourguignon also known as classic French beef stew in red wine is a very well-known traditionally French recipe. It is prepared with cubed pieces of beef stewed in red wine and generally flavored with garlic, onions and a bouquet garni.

Ingredients

- 3 large onions
- 1kg beef, blade steak, or stewing shoulder cut.
- 300g of chopped carrot
- 300g of button mushrooms
- bouquet of herbs, basil rosemary and thyme tied with string.
- 2-4 cups of red wine
- 1-2 cloves of garlic
- salt and pepper

Cut beef into large 5cm chunks, season with salt, pepper and olive oil
Cook beef a small amount at a time in a dutch oven or large saucepan until its golden brown on the outside, remove each portion as it's done and set aside. Add 3 large onions and garlic to the same pot and cook till golden brown. Sprinkle with 2 tablespoons of flour. Add 1-2 cups of red wine. Bring wine to a boil then simmer for 5 minutes. Add beef, carrots, herbs, mushrooms. Add another couple of cups of red wine and water enough to cover the meat and vegetables. Cook for 2-3 hours, stirring occasionally and remove surface scum as required. Serve on mash potato, any leftovers make some beef pies with puff pastry.



Osso bucco of turkey to orange and pears
Osso Bucco de dinde à l'orange et aux poires

- 35 oz of osso bucco of turkey
- 1 furnished bouquet
- 4 pears
- 1 orange
- 2 teaspoon of orange marmalade
- the juice of an orange
- 2 egg yolks
- 5.2 fl oz of sour cream
- Flour
- butter
- olive oil
- herbs
- salt
- pepper

Brown the pieces of turkey in butter and oil. Season and powder with flour, reserve the meat in a casserole. Degrease the pan and deglaze with the orange juice, pour on the meat. Add the furnished bouquet and the herbs and let it cook with cover during 15 mn. Peel pears and empty them. Add them to semi-cooking. Rub the orange under cold water and cut it in slices. When the meat is cooked, withdraw it as well as the pears and reserve with the heat. Add to the sauce the orange slices and orange marmalade. Reduce heat. Mix the egg yolks with the sour cream and to incorporate the blend in the sauce. Spread the osso bucco of turkey in the center of the plates, and dispose all around the orange slices.

8 Servings.



Chicken in Red Wine
Coq au vin

- 1 chicken (about 3 lbs), cut up
- 6 tbsp butter
- Salt and pepper
- 6 oz lean bacon slab, cut into lardons
- 18 pearl onions, peeled
- 2 tbsp Cognac (or other Brandy)
- 1 bottle of red wine
- 1 garlic clove, peeled
- 1 bouquet garni
- 1 tbsp flour
- Chopped fresh parsley

Heat 4 tbsp of the butter in a flameproof casserole over medium heat. Add the chicken pieces, season with salt and pepper and brown the chicken on all sides. Meanwhile, put the lardons in a saucepan and cover with cold water; bring to a boil and blanch for 5 minutes. Drain and reserve. Remove the pieces of chicken and set aside. Put the bacon and onions in the casserole; cook for 10 minutes, stirring frequently. Return the chicken to the casserole and add the Cognac. Heat and set alight. After the flames have died out, add the red wine, the garlic and the bouquet garni. Cover and simmer for 1 hour. About 15 minutes before the end of the cooking time, work 2 tbsp of softened butter with the flour to form a paste. Mix 2 tbsp of hot sauce into the butter and flour, return the mixture to the pot and stir well. Check seasoning and transfer to a warm serving dish. Garnish with soft parsley.

6 Servings

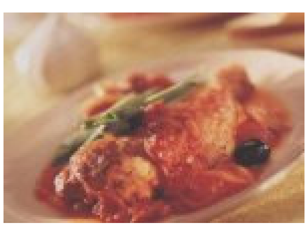


Chicken Souvaroff
Poularde la Souvaroff

- 1 roasting chicken, about 6 lbs.
- Salt and pepper
- 1 cup rice
- 7.4 oz block of goose foie gras (Order)
- ½ cup Champagne
- ½ cup butter, melted
- 1/3 cup flour
- 2 cups chicken broth
- ½ cup Madeira wine

Wash chicken and pat dry. Sprinkle inside and out with salt and pepper. Cook rice in boiling water for 18 minutes. Drain and rinse in cold water. Dice foie gras. Mix rice, foie gras and Champagne. Season to taste with salt and pepper. Stuff chicken with mixture and skewer or sew openings. Place chicken in shallow baking pan. Brush chicken with some melted butter. Roast in 350 F oven for 1 ½ to 2 hours or until leg moves up and down easily. Brush chicken with butter several times during roasting. Drain pan juice into saucepan. Stir in flour. Gradually stir in chicken broth and Madeira. Stir over medium heat until sauce thickens and bubbles. Season to taste with salt and pepper. Carve chicken and serve stuffing. Spoon sauce over each serving. If desired, garnish platter with baby string beans and watercress.

6 Servings



Chicken Legs in Beer
Cuisses de Poulet à la Bière

- 3 ½ oz slab bacon
- Salt and pepper
- 4 chicken legs
- 3 juniper berries
- 2 bay leaves

- 4 garlic cloves, unpeeled
- 12 floz dark beer

Preheat the oven to 475 F. Cube the bacon into lardons. Season the chicken legs with salt and pepper. Crush the juniper berries with the blade of a heavy knife. Place the chicken legs, the lardons, the seasonings and the beer in an oven-proof and flame-proof casserole. Cook in the oven for 20 mn, turn the chicken legs over, reduce the oven temperature to 350F and cook for another 20 min. The chicken will be dark brown and the garlic soft. Remove the chicken and keep warm. Squeeze the garlic out of its skin, mix into the casserole with the remaining liquid and reduce over medium-high heat. Spoon the caramelized jus over the chicken and serve with buttered noodles or steamed potatoes.

4 Servings

Chicken Breast stuffed with Roquefort
Paillards de Poulet fourrés au Roquefort

- 6 split chicken breasts, skinned and boned
- 6 oz Roquefort (Order)
- ¼ cup chopped fresh parsley
- 2 tsp dried tarragon
- 8 large mushrooms, sliced and sautéed
- 6 slices Prosciutto
- 1 tsp Dijon mustard (Order)
- 1 Tbsp butter
- Flour
- 1 Tbsp vegetable oil
- ¾ cup dry white wine

Flatten chicken to ½" thickness. Using a sharp knife, make a pocket in each chicken breast. In a bowl, combine crumbled Roquefort, parsley, dried tarragon, and sautéed mushrooms. Spread on prosciutto. Roll and stuff into chicken breasts, and secure with toothpicks if necessary. Spread top of each breast with small amount of butter and mustard. Dust with flour. Heat oil in a large frying pan over medium heat and sauté chicken breasts a few minutes, until lightly browned. Set chicken aside and keep warm. Add wine to the frying pan, deglaze, bring to a boil and simmer for 10 mn until slightly reduced. Spoon over chicken and serve immediately.

6 Servings



Chicken in Vinegar and Shallots
Poulet au Vinaigre et à l'Echalote

- 1 3-lb chicken, cut up
- Salt and pepper
- 2 Tbsp peanut oil
- 4 cloves of garlic, peeled
- 1 Tsp thyme
- 1 bay leaf
- ½ cup red wine vinegar
- 2 cups red wine
- 6 large shallots, diced
- 1 Tbsp butter
- Fresh parsley

Salt and pepper the chicken pieces. Heat up the oil in a large pot and brown the chicken on all sides. Add the garlic, thyme and bay leaf and cover. Cook on medium heat for 7-8 minutes while gradually adding half of the vinegar. Add the shallots and cover the chicken with the red wine and remaining vinegar. Cover and simmer for about an hour. When chicken is done, remove from pot and place on a warm platter. Whisk butter into sauce and pour over the chicken. Sprinkle with freshly chopped parsley.

4 Servings

Roasted Chicken with Garlic and Tapenade
Poulet Rôti à l'Ail Confit et Tapenade

- 1 lemon
- 3 heads of garlic
- 1 chicken, cut up
- Salt and pepper
- 5 Tbsp extra-virgin olive oil
- 2 sprigs of thyme
- 4 sprigs of savory
- 4 sprigs of marjoram
- 1/3 cup white wine

- 4 Tbsp black tapenade (Provencal olive paste) (Order)
- 2 Tbsp chopped parsley

Preheat oven to 400F. Zest the lemon to obtain narrow strips. Remove some, but not all, the paper skin of the heads of garlic and slice the heads in half horizontally. Salt and pepper the chicken pieces. Brush an ovenproof dish with one Tbsp of olive oil; arrange the chicken pieces, the garlic heads and the lemon zest in the dish. Sprinkle with 2 Tbsp of olive oil. Roast in the oven for 10 minutes, then add the thyme, savory, marjoram and the wine. Sprinkle with the remaining 2 Tbsp of oil and return to the oven for 20 minutes, basting regularly (add a little bit of warm water if necessary.) Drop small amounts of tapenade all over the chicken and roast another 10 minutes. When the chicken is done, remove the sprigs of herbs and sprinkle with the chopped parsley. Serve immediately. Note: this recipe is also excellent if you substitute rabbit for the chicken.

6 Servings

Chicken with Apples
Poulet Vallée d'Auge

- 1 3.5 Lb chicken, cut up
- 4 Tbsp clarified butter
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 Tbsp flour
- 1 cup dry hard cider
- 1 cup chicken stock
- 1 bouquet garni
- ½ cup Calvados
- 1 cup crème fraîche
- Salt & pepper
- 3 Tbsp butter
- 4 small apples, peeled and quartered

Season the chicken pieces with salt. Heat the clarified butter in a sauté pan; add the chicken pieces and brown all over (work in batches if necessary). Remove and set aside. Add the onion and carrot to the pan and cook over low heat until the onion is translucent, 3 to 5 minutes. Remove any fat from the pan. Sprinkle the flour over the vegetables and cook until it browns, 1 to 2 minutes. Stir in the cider and stock, scraping up the browned pan juices. Return the chicken to the pan, add the bouquet garni and bring to a boil. Cover and simmer 15 minutes. Heat the Calvados in a small saucepan, light it with a match and simmer until it reduces by half. Add the Calvados to the chicken and continue cooking the meat until tender, 10 to 15 minutes longer. Remove the chicken and keep warm. Bring the cooking liquid to a boil, then reduce the heat and simmer until reduced by half. Strain the liquid into a small heavy

saucepan. Add the crème farce and continue simmering until the sauce reduces by a third. Season to taste. Meanwhile, prepare the apple garnish. Melt the butter in a large frying pan over medium-high heat. Add the apples with a little salt and pepper and cook until they are tender and golden on both sides, about 10 to 15 minutes. To serve arrange the pieces of chicken on warmed platter or individual plates and pour the sauce over them. Surround with the apple quarters and serve immediately.

4 Servings

Chicken with Tarragon
Poulet de Bresse Cocotte à l'Estragon

- 1 Bresse (or free-range chicken), about 4 Lbs, cut into 8 pieces
- 5 oz butter
- 5 small onions, finely chopped
- 5 shallots, finely chopped
- 3 garlic cloves, unpeeled
- 3 carrots, roughly chopped
- 6 sprigs fresh tarragon
- 3 ½ floz tarragon vinegar
- 7 floz chicken stock or water
- 1 tsp Dijon mustard (Order)
- 2 tsp flour
- 1 Tbsp tomato purée
- 16 floz cream
- 8 oz tomatoes, skinned, seeded and chopped
- Salt and pepper

Preheat the oven to 400F. Melt the butter in a flame-proof casserole and add the chicken pieces. Sauté for 3-4 mn until lightly browned. Season with salt and pepper. Add the onions, shallots, garlic and 4 sprigs of tarragon. Cover and cook in the oven for 15 mn. Moisten the chicken with 1 Tbsp of tarragon vinegar. Return to the oven and cook 15-30 mn longer, until the juices run clear when the meat is pierced with the tip of a sharp knife. Make sure the casserole does not become dry. When the chicken s cooked, transfer to a serving dish, cover and keep warm. To make the sauce, deglaze the casserole by putting it over high heat, adding 1 Tbsp of vinegar and scraping well. Add the stock and remaining vinegar and simmer for 3-4 mn until reduced. Combine the mustard, flour and tomato purée in a bowl, then whisk into the stock along with the cream. Simmer for 5 mn, then pass the sauce through a sieve into a bowl, discarding the sieve contents. Add the tomatoes and season. Spoon the sauce over the chicken and garnish with the remaining tarragon. Serve with rice or pasta.

4 Servings

Lemon Chicken with Thyme and Honey
Poulet au Citron, au Miel et au Thym

- 3 lemons
- Salt and pepper
- 6 sprigs of thyme
- 2 garlic cloves, peeled and cut in half
- 1 whole chicken, dressed
- 2 Tbsp extra-virgin olive oil
- ¼ cup liquid honey (such as acacia) (Order)
- Fleur de sel de Guérande (Order)
- Pepper

Preheat the oven to 400F. Juice one of the lemons. Season the chicken with salt and pepper; slip 4 sprigs of thyme in the body cavity. Rub the skin with the garlic cloves, then brush the chicken with the oil and honey. Place the chicken in a roasting pan and pour the lemon juice in the pan. Roast for 1 hour, basting often. Peel the two remaining lemons; add the fruits and zest to the pan 15 minutes before the bird is done. Let the chicken rest for 10 mn; scatter the remaining thyme and some fleur de sel on the chicken. Transfer to a serving platter, decorate with the lemons, accompany with basmati rice and serve the cooking juices in a sauce boat.

6 Servings



Chicken with Mustard
Poulet à la Moutarde

- 4 chicken breasts
- 4 tablespoons Dijon mustard (Order)
- 1 cup crème fraîche
- Salt and pepper
- 1 tablespoon butter

Preheat the oven at 350F. Cover each chicken breast with a thick layer of mustard. Bake for 40 minutes, until the mustard turns golden brown. Heat the crème fraîche in a small sauce pan and pour into the chicken dish. Bake for an additional 10 minutes. Remove chicken breasts and place them on hot serving platter. Whisk the

sauce, making sure to scrape off mustard and juices. Add salt and pepper as desired. Whisk in the butter and spoon immediately over the chicken breasts.

4 Servings

Pork Shoulder with Green Lentils
Palette à la Paysanne

- 5 lbs salted pork shoulder, bone in
- 1 onion
- 1 lb carrots
- 1 lb green lentils
- 1 bouquet garni (thyme, laurel, parsley)
- 2 lbs mushrooms
- Salt, pepper

In a large pot, cover pork shoulder with cold water. Bring to a boil, skim and simmer 30 mn. Meanwhile, peel onion and carrots. Add them, the lentils and the bouquet garni to the pot. Cook another hour. Wash the mushrooms and add them to the meat. Cook 15 mn more. Salt and pepper to taste. Serve slices of pork over the vegetables and accompany with an assortment of mustards.

6 Servings



Pork Roast with Prunes
Rôti de Porc aux Pruneaux

- 3 lb center loin pork roast
- Salt and pepper
- 10 slices streaky bacon
- 2 Tbsp olive oil
- 20 to 24 prunes macerated in red wine for 1 hour (Order)
- 3 Tbsp Armagnac
- 3 Tbsp finely chopped shallots

Preheat the oven to 400□ F. Salt and pepper the pork, then wrap the bacon pieces around it. Oil the base of a roasting pan and place the pork in it. Roast in the oven for 1 ¼ hour. Meanwhile, in a saucepan bring the prunes and the wine to a boil. Reduce heat and simmer for 15 minutes. Turn off the heat. About 15 minutes before the meat is done, pour the prunes and half the wine in the pan. When the pork is cooked,

remove from the oven to a board. Spoon off the fat without removing any meat sediment. Return the meat to the pan over high heat. Add the shallots and sauté for a minute or two, then add the Armagnac and set alight. When the flames have died down return the meat to the board. Add the remaining wine to the roasting dish and stir while bringing the mixture to a boil. Season with salt and pepper. Transfer the meat to a warmed servings dish and arrange the prunes around the meat. Strain the meat juices and pour over the meat, or serve separately in a sauce boat.

6 Servings



Pork chops with Mustard
Côtes de Porc à la Moutarde

- ½ cup crème fraîche
- 3 Tbsp Dijon mustard (Order)
- 1 Tbsp capers
- ¼ cup butter
- 6 pork chops
- Salt and pepper

Mix the crème fraîche with the mustard and capers. Set aside. Melt the butter in a large frying pan, add the pork chops and cook for 7-8 minutes on each side. Sprinkle with salt and pepper. Pour the mustard sauce over the chops. Reduce the heat, cover and cook over low heat for 10 minutes. Serve hot with egg noodles.

6 Servings

FOIE GRAS



Confit of Foie Gras with white wine
Foie Gras au Confit de Vin Blanc Nature

- 1 whole raw duck foie gras (Order)

Chill the foie gras 24 hrs in the fridge beforehand. Cut into 5-8 mm slices. Arrange some green salad leaves on each plate and place 1-2 slices of foie gras per person on to the salad. Add a couple of spoonfuls of confit on top. To accompany the foie gras offer some warm toast and freshly ground pepper and salt to taste.

Terrine of Foie Gras with Armagnac
Terrine de Foie Gras à l'Armagnac

- 1 whole raw duck foie gras (Order)
- Salt and white pepper
- 2 tbsp Armagnac

Remove the foie gras from the refrigerator and leave at room temperature for an hour. Pull apart the lobes and denerve by discarding the large veins. Sprinkle all sides generously with salt and pepper (so that the terrine will not be bland). Place the smaller lobe into a four or five-cup terrine, smooth side down; top with larger lobe, smooth side up. Press down gently and sprinkle with the Armagnac. Cover the terrine and refrigerate overnight. Thirty minutes before cooking the foie gras, remove the terrine from the refrigerator and let set at room temperature. Preheat the oven to 200F. Set the terrine in a deep oven proof pan and pour boiling water into the pan; the water level should be at half the height of the terrine. Cook on the middle rack of the oven for around 40 minutes, until an instant meat thermometer inserted in the middle of the foie gras reads 120F. Remove the terrine form the oven. The foie gras will have melted somewhat. Invert the lid of the terrine onto the foie gras to exert gentle pressure and force enough fat to the surface so that it covers the liver. Cover tightly, and refrigerate for 3 days; this will enhance the flavors. When ready to serve the terrine, remove from the refrigerator and gently loosen the edges

with the warm blade of a knife. Remove visible fat (save it to sautéed potatoes or green vegetables), slice the foie gras and serve.

10 Servings



Cream puffs filled with Foie Gras
Choux à la mousse de Foie Gras

- 1/2 cup water
- 2-1/2 Tbsp butter
- Salt
- 2.2 oz of flour
- 2 eggs
- 1/4 cup mousse de foie gras de canard (duck liver) (Order)

Preheat oven to 400 °F. In a sauce pan mix the water, butter, and salt and bring to a boil. As soon as mixture boils, remove from heat and add, all at once, the flour. Briskly beat with a wooden spoon until smooth. Remove from heat and transfer to a mixing bowl. Beat 1 egg into flour mixture until smooth. Repeat with the second egg. On a parchment paper covered baking sheet, place walnut-size mounds about 3 inches apart. Bake for about 30 mn until brown. Cool slightly before filling. Make a round hole in the base of each puff. Using a pastry tube, fill each puff with foie gras mousse. Serve right away so the puffs don't become soggy. This dish is such a delight, and you can fill your puffs with any ingredient

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Leeks au Foie Gras
Foie Gras aux poireaux

- 1 Block of Foie gras 7 oz (Order)
- 4 small leeks
- Chervil
- 1 green salad
- Fleur de Sel de Guérande (Order)
- Pink pepper

- Raspberry vinegar (Order)
- Chestnut oil

Cook the leeks in salted boiled water and as soon as cooked pour them in very cool water in Order for them to keep their color. Cut them in thin stripes. Prepare the vinaigrette sauce and pour in a dip plate. Soak the leeks for a short time in the vinaigrette, drain them and dispose in the plate in the shape of the rays of a wheel . Cut 8 fine slices of Foie Gras and add them on the leeks. Add a few leaves of salad, the chervil, already cut, as well as a little bit of chestnut oil. Then pour the Fleur de sel and the pepper as desired. Add a little originality to your entrées.



Sautéed Foie Gras with Apples
Escalopes de Foie Gras aux Pommes

- 4 Gala apples
- 2 tbsp butter
- 1 tbsp brown sugar
- 1 raw duck foie gras (Order)
- 1/2 tsp fine Guérande sea salt (Order)
- 1/2 tsp five spice powder
- 2 tbsp acacia honey (Order)
- 1 tbsp dry white vermouth
- 1 tbsp cider vinegar
- 2 tbsp lemon juice

Preheat the oven to 400F. Peel and core the apples and cut each one into eight slices. Place the apple slices in a buttered oven proof dish, lightly dotting the top with butter. Add a light dusting of sugar, two tbsp of water, then cover and leave in a warm oven for an hour. Separate the lobes of the foie gras and denerve if desired. Slice the foie gras on the diagonal into 1/2" thick slices. Sprinkle with the salt and the spices. Cook them in three batches in a non-stick frying pan, for a minute on each side, over a very high heat; get rid of the fat each time, before adding the next batch. When cooked, remove from the pan and allow draining on a wire rack. Add the honey to the pan and allow caramelizing. Add the vermouth; after it has evaporated, add the vinegar. When this has reduced by half, add the lemon juice. Mix for 10 seconds. Take off the heat. Divide the slices of foie gras between four hot plates. Cover with the sauce and surround with the caramelized apples. Serve immediately.

4 to 6 Servings

Seared Foie Gras with Mango and Ginger
Foie Gras poîlé aux Mangues et au Gingembre

- 1 raw duck foie gras (Order)
- Salt and pepper
- 4 mangoes, ripe but firm
- 2 Tbsp sugar
- 3 cups tangerine juice
- 3/4 cup Gewurtztraminer
- 2 Tbsp grated fresh ginger
- 2 tsp lime juice

Remove foie gras from the refrigerator and let stand at room temperature for 30 minutes. Separate the lobes and denerve. Slice the foie gras on the diagonal into 3/4" slices. Lightly sprinkle with salt and pepper; return to the refrigerator until ready-to-use. Peel the mangoes, slice off the flesh from the pit and cut into long slices. Sprinkle all sides with sugar. In a non-stick frying pan, over medium-high heat, add the slices of mango; brown until lightly caramelized, turn the slices over and repeat. Keep warm. In a frying pan over high heat, sear the slices of foie gras, 45 seconds per side. Remove from the pan and keep warm. Deglaze the pan with the tangerine juice, wine and grated ginger. Bring to a boil and reduce to a syrupy consistency. Add the lime juice and the fat given off by the foie gras while it was resting. Adjust the sauce seasoning to taste with salt and pepper. Arrange the foie gras and the mango slices on warm serving plates and nap with the sauce. Serve immediately.

8 servings

Seared Foie Gras with Cherry Compote
Foie Gras poîlé et sa Compote de Cerises

- 1 Tbsp butter
- 1 large shallot, minced
- 1 cup cherries, pitted and quartered
- 1 1/2 cup light red wine
- 1/2 cup raisins
- 2 tsp sugar
- 1 sprig of thyme
- Salt and pepper
- 8 slices of walnut bread
- 1 fresh raw foie gras (Order)
- 3 Tbsp balsamic vinegar

In a sauce pan over medium-low heat, sweat the shallots in the butter for seven minutes. Add the cherries and stir one minute. Add 1 cup of red wine, raisins, sugar and thyme; bring to a boil and simmer 45 minutes until almost all liquid has evaporated and the preparation has a jam-like consistency. Remove the thyme, salt and pepper to taste. Keep warm. Toast the walnut bread and set on warm plates. Cut foie gras in 1/2" thick slices, sprinkle with salt and pepper and sear in a frying pan over high heat, 45 seconds on each side. Set foie gras on top of walnut bread and keep warm. Discard all rendered fat from the pan and deglaze with vinegar. Add 1/2 cup of red wine and boil down until sauce is syrupy. Set a few spoonfuls of cherry compote on plates, drizzle foie gras with sauce and serve immediately.

8 servings



Cèpes mushrooms émincé and shaving of Foie Gras
Emincé de cèpes et copeaux de Foie Gras

- 7oz of cêpes mushroom (Order)
- 7.0 oz of Foie Gras (Order)
- 6 floz of virgin olive oil
- Herbs of Provence (Order)
- 1 pinch of Fleur de sel de Guérande (Order)
- salt and pepper

Clean the mushrooms slice them and dispose them on the oven hotplate, add salt, pepper and 1.6 floz of virgin olive oil. Grill them for about 2 to 3 mn. Take them out of the oven and dispose them in a plate in rosace. Cut the Foie gras in shavings. Add salt, pepper and the Fleur de sel. Pour them on the plates with the herbs of Provence. As a final touch add a little fillet of olive oil.
This dish is from the south west of France and your guests will love it.

4 to 6 Servings



Pastas with milk a Foie Gras
Pâtes au lait de Foie gras

- 1 Block of Foie Gras 7 oz (Order)
- 3.5 pints of milk
- 1.7 oz of sour cream
- 14 oz of pastas
- 3.5 oz of parmesan cheese
- olive oil
- salt and pepper

Cut the Foie Gras in small cubes, and crush with a fork about 1 quart of it in Order to obtain a purée. Cook the pastas in the boiled milk already salted, add pepper and 2 soup spoons of olive oil. When the pastas are ready drain and collect the milk. Incorporate to the milk the sour cream and the purée of Foie gras. Boil again the whole mixture and incorporate the pastas for 5 mn before draining. Pour the pastas in a dish and add the cubes of Foie gras and parmesan cheese.



Gourmet salad with duck foie gras crawfisches
Salade Gourmet au foie gras et crevettes

- 30 oz of crawfish
- 5 oz of duck foie gras (Oder)
- 3.2 oz of smocked duck breast (Order)
  various salads
- 90 oz mushrooms of bets
- 8 small-sized tomatoes
- 2 lemons
- 1 bundle of chive
- 1 small pot of cream
- fish stock
- salad dressing with balsamic vinegar

Wash the salads. Prepare the salad dressing by mixing the 2 spoons of balsamic vinegar, 4 spoons of olive oil and a little mustard. Let the crawfishes cook 3 minutes in boiling water and fish stock. Peel them. Keep 4 whole crawfishes apart to decorate the plates. Cut the tomates in quarters. Wash the mushrooms and slice them. In Order to keep them white, pour some lemon juice of them. Cut the foie gras slices in small cubes. Mix the cream with the juice of one lemon.
Dress the salad with the salad sauce on each plate. Add a little cream mixed the lemon juice on the salad. Lay out the ingredients on the salad and add one whole crawfish per plate to decorate them. Finely cut the chive and strew it over the plates.

4 servings

Paté de Foie Gras in Aspic

- 3 gelatin leaves (Order)
- 1/2 c. cold water
- 3 chicken bouillon cubes
- 3 1/2 c. boiling water
- 3 hard cooked eggs
- 4 truffles (Order)
- 1 jar (2 1/2 oz) pâté de foie gras, mashed (Order)
- Lettuce
- French dressing

Soften gelatin in cold water. Add bouillon cubes and boiling water. Stir until gelatin and cubes are dissolved. Pour enough of the mix into 1 1/2 quart loaf pan or mold to make a layer 1/8 inch thick. Chill until almost firm. Arrange slices of 1 truffle and 1 egg in a pattern on the gelatin. Chill remaining gelatin mixture until thickened, but not firm. Dice remaining eggs and truffles and fold with pate into second gelatin mixture. Pour into mold and chill until firm. Unmold and cut in thin slices. Serve on lettuce leaves with French dressing.

8 to 10 servings.



Duck Foie Gras and Artichoke Terrine
Terrine de Foie Gras et Artichauds

- 1.2 kg (2 1/2 lb.) raw foie gras (Order)
- 5 cooked Camus artichoke hearts
- 5 "petit violet" or poivrade artichokes
- 14 g (1/2 oz.) fine salt
- 5 g (1 1/2 tsp.) pepper
- 2 g (1/2 tsp.) sugar
- 30 g (1 oz.) orange flower honey (Order)
- Juice and zest of 1 lemon
- 60 g (2 oz.) olive oil
- Zest of 1 orange
- 1 sprig of thyme

Open up the foie gras and remove the veins. Season each foie gras on both sides with the mixture of salt, pepper and sugar. Refrigerate for 30 minutes.
Heat a non-stick skillet, brown the foie gras for 2 minutes on each side, basting with the rendered fat. Drain on a rack. Cut the artichoke hearts into 1 cm thick sticks. Line a terrine mold with plastic wrap, then put in alternate layers of foie gras and artichoke sticks, ending with a layer of foie gras.
Press down lightly and refrigerate. It is advisable to prepare the terrine 1 or 2 days before you wish to serve it. Cook the honey to a brown caramel, deglaze with the lemon juice, remove from the heat, whisk in the olive oil, and add the thyme leaves and the lemon zest in thin strips. Just before serving, turn (pare) the "petit violet" artichokes, slice them thinly lengthwise and dress them with the vinaigrette, salt and pepper. Slice the terrine and place it on a plate coated with olive oil, with fleur de sel and freshly ground pepper. Arrange the "petit violet" artichokes in a little mound and spoon a little more vinaigrette over top.

DUCK



Confit of Duck Legs
Cuisses de Canard confites

- 6 duck legs (Order)
- 4 Tbsp coarse sea salt
- 6 large garlic cloves, peeled and crushed
- 4 sprigs of thyme
- 3 bay leaves, broken into pieces
- 2 Lbs rendered duck fat (Order)

Place the duck legs in a shallow dish; sprinkle with salt; scatter garlic, thyme and bay leaves among the duck pieces. Cover with plastic wrap and refrigerate overnight. The next day, preheat oven to 300 F. Blot duck legs with paper towels to dry them and remove excess salt. Over low heat, melt duck fat in a heavy, oven-proof pot. When the fat is liquid, submerge the duck legs into it and add the garlic, thyme and bay leaves. Cook in the oven for two hours, until the meat almost falls of the bone. Remove duck legs from the pot. They can be used immediately or stored, covered, in the refrigerator for a week. Melt and filter the fat so that you can use it to sautéed potatoes or green vegetables (store in the refrigerator or freeze: it will keep "almost indefinitely").

6 Servings



Duck with Peaches
Canard aux Pêches

- 1 4 lb whole duck
- 1/2 cup butter
- 2 Tbsp flour
- Salt and pepper
- 2 carrots, peeled and sliced
- 2 onions, sliced
- 2 celery stalks, sliced
- 1 bouquet garni
- 1 can yellow peaches in syrup (28 oz)
- 2 Tbsp Brandy
- 1 Tbsp potato starch or flour
- 2 Tbsp sugar
- 1 Tbsp vinegar

Preheat oven to 400F. Truss the duck. Work 2 Tbsp butter with the flour to a smooth paste. Season duck with salt and pepper and coat it with the butter/flour paste. Put the vegetables in a roasting pan with the bouquet garni and duck liver and place the metal rack for the duck on top. Set duck on the rack and roast for one hour. Remove duck from pan and keep warm. Strain liquid from rack into a frying pan. Skim fat from the surface of the liquid , add the peaches and 6 Tbsp of peach syrup. Cook for 5-6 mn, turning the peaches halfway through. Quarter the duck and arrange on warm platter. Reserve carving juices. Arrange drained peaches around the duck pieces. Keep hot. Pour carving juices into the frying pan. Mix the brandy with the potato starch and add to the pan. Bring to a boil, stirring, and adjust seasoning. Meanwhile, dissolve sugar in the vinegar in a small saucepan over moderate heat. As soon as you obtain a brown caramel, beat it into the sauce. Finally, whisk in the remaining butter. Serve sauce with duck.

4 Servings

Duck with Olives and Mushrooms
Canette aux Olives et aux Champignons

- 1 4 lb whole duck
- Salt and pepper
- 2 Tbsp olive oil
- 2 Tbsp butter
- 1 onion, chopped
- 1 Tbsp tomato purée
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1 bay leaf
- 8 oz green olives, pitted
- 10 oz small button mushrooms, halved

Prick the skin of the duck all over with a fork; sprinkle the surface with salt and pepper. Heat the oil and the butter in a large pot and brown the duck on all sides for about 20 minutes. Remove the duck and discard excess fat from pot, except for 1 Tbsp. Cook the onion in the same pot until transparent; add the tomato purée, thyme, rosemary, bay leaf and 3/4 cup of white wine. Cook until thickened. Return the duck to the pot and cover and simmer about 1h15, turning it from time to time and basting it with the cooking juices. Add the olives and the mushrooms; cook another 30 mn, adding a little bit of water if necessary. When the duck is done, carve it and set the pieces on a warm serving platter. Surround the duck with the olives and the mushrooms. Pour the leftover wine in the pot and bring to a boil, deglazing the cooking juices with a wooden spoon. Simmer for 3 minutes, strain the sauce into a gravy boat and serve alongside the duck.

4 Servings



Duck Magret à la Provençale
Magret de canard à la Provençale

- 4 tablespoons of clarified butter
- 2 cloves of garlic
- 4 dashes of salt
- 2 tablespoon of olive oil
- 2 pieces of duck (Order)
- 1 pinch of sugar

- 12 truffles (Order)
- 2 tomatoes
- 0.5 cups of veal stock
- 2 handfuls of endive
- 2 teaspoons of powdered mustard
- 2 teaspoons of red wine vinegar for the salad
- 2 cups of champagne
- 4 pinches of pepper
- 2 bits of lavender for garnish
- 2 teaspoons of parsley
- 6 teaspoons of extra virgin olive oil for the salad

Meat. . .
The duck should be at room temperature. Prepare it by patting dry, then coating with salt and pepper. Then, coat the duck with some clarified butter. Build a moderate fire. Now, put your duck on the grill. Cook each side for about 4 minutes while brushing occasionally with clarified butter, lest the outside dry. Continue cooking until the juice issuing from the duck is quite white.
Sauce. . .

For Provençale sauce:

- peel, remove seeds and coarsely chop 2 tomatoes.
- heat 2 tablespoons of oil in a saucepan
- add tomatoes seasoned with pepper and salt
- add 2 crushed garlic cloves
- add a pinch of sugar
- add 2 teaspoons of chopped parsley
- cook gently for half an hour.

Starch. . .
Take some fine, well-cleaned truffles; season them, and cook them, covered, in 2 cups of champagne for a few minutes. This done, set them aside. Completely reduce the champagne; add the veal stock; strain through muslin; pour it over the truffles. Now, put the truffles and the sauce in a small saucepan and over very low heat, allow setting for 10 minutes without boiling.

Salad. . .
To make your simple salad, take 2 handfuls of endive, separate the leaves, wash them, and dry them. Make your dressing. Take 2 tablespoons of vinegar, three parts its volume of extra virgin olive oil, along with 2 of teaspoons of powdered mustard, salt and pepper and whisk together. Gently toss your dressing mixture with your endive. When you are finished cooking, arrange the food on 2 plates and apply lavender garnish over the whole.

6 servings



Duck à l'orange
Canard à l'orange

- 1 duck of 4 pounds
- 5 or 6 oranges
- 1/2 lemon
- 1 good glass of dry white wine
- 1.6 oz of butter
- Salt
- pepper
- 1/2 glass of liquor of orange (Order)

Brown the duck in a pot with the half of the butter. - Press an orange one and the half lemon. Shred the zest of 2 oranges (Rub the skin of the orange on a very fine rape). Whiten this zest (put it in a cold water saucepan that you will carry to boiling and that you stop as soon as it boils) and mix them to juice. When the duck is well cooked, trim the pot, deglaze with the white wine and the juice of fruit. Replace the duck in the pot, salt and pepper. Cover and leave to cook again 3/4 of hour. - Peel the remainder of the orange one to lively and cut them. Take the duck out and add the pieces of oranges and the liquor in the juice of cuisson. Reduce heat and mix the remainder of the butter outside the fire. Cut the duck and serve right away.

Duck Breast in Salt Crust
Duo de Magrets en Croûte de Sel

- 2 single duck magrets (Order)
- 2 oz herbs from Provençe (Order)
- 8 oz flour
- 4 lbs coarse salt of Guérande (Order)
- 4 egg whites

Preheat oven at 400°F for 15 minutes. Split the duck breasts in half and score the skin. Brown them, skin side down, in a non-stick frying pan for 5 minutes over medium-high heat (no oil or butter is necessary). Prepare the salt crust mixture: mix the salt, herbs and flour together; gradually add the egg whites. Spread 1/2" of the salt crust mixture into a large oven proof dish. Place one half breast in the dish, skin side down; place a second duck breast on top of it, skin side up. Repeat with the two other duck breasts, laying them next to the first two. Cover with the remaining salt

mixture. Cook in the preheated oven for 15 minutes. Then, turn the oven off, open the door slightly, and let the magrets rest in the oven for another 5 minutes. Serve very hot with a Béarnaise sauce on the side and some sautéed mushrooms.

4 Servings

Confit of Duck Legs
Cuisses de Canard confites

- 6 duck legs (Order)
- 4 Tbsp coarse sea salt
- 6 large garlic cloves, peeled and crushed
- 4 sprigs of thyme
- 3 bay leaves, broken into pieces
- 2 Lbs rendered duck fat (Order)

Place the duck legs in a shallow dish; sprinkle with salt; scatter garlic, thyme and bay leaves among the duck pieces. Cover with plastic wrap and refrigerate overnight. The next day, preheat oven to 300° F. Blot duck legs with paper towels to dry them and remove excess salt. Over low heat, melt duck fat in a heavy, oven-proof pot. When the fat is liquid, submerge the duck legs into it and add the garlic, thyme and bay leaves. Cook in the oven for two hours, until the meat almost falls of the bone. Remove duck legs from the pot. They can be used immediately or stored, covered, in the refrigerator for a week. Melt and filter the fat so that you can use it to sauté potatoes or green vegetables (store in the refrigerator or freeze: it will keep "almost indefinitely").

6 Servings



Cassoulet with Duck Confit
Cassoulet au Confit de Canard

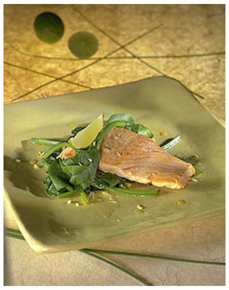
- 1 1/3 lb dry white lingots beans
- 4 onions
- 2 cloves
- 8 cloves garlic

- 1 lb tomatoes
- 1 carrot
- 8 oz bacon slab, cut in 8 pieces
- 2 smoked ham shanks
- 2 bouquets garnis (parsley, thyme and bay leaf)
- 8 oz boneless pork shoulder, cut in 8 pieces
- 8 oz boneless lamb shoulder, cut in 8 pieces
- 4 large duck legs confit, cut in 2 (Order)
- Salt and pepper
- 1 lb Toulouse pork sausage (Order)
- Fresh breadcrumbs

Preheat the oven to 350F. Lightly oil a 2-quart casserole dish. Place the onions in a small saucepan with water to cover, bring to a boil, and let simmer until just tender, about 15 minutes (this makes it easier to peel the onions). Rinse under cold running water until cool enough to handle, then peel and set aside. Lightly steam the carrots until softened, about 5 minutes. Set aside. Heat 2 tablespoons of the oil in a large skillet over medium heat. Add the garlic and cook until fragrant, about 30 seconds. Remove from the heat and stir in the onions and carrots, coating with the oil and garlic. Transfer the vegetable mixture to the prepared casserole dish. Add the tomato paste to the skillet and cook over medium heat for 1 minute, then blend in the wine. Add to the mixture in the casserole dish, along with the tomatoes, beans, parsley, thyme, marjoram, bay leaves, salt and pepper to taste, stirring to mix well. Cover tightly and bake until hot and bubbly, about 30 minutes. While the casserole is baking, lightly toss the bread crumbs in a small bowl with the remaining 1 tablespoon oil. When the cassoulet is done, remove the cover and remove and discard the bay leaves. Top with the crumbs, and return to the oven for 5 to 10 minutes to brown the crumbs. Serve hot.

Add the duck and the meat.

4 to 6 Servings



Salmon in Vodka Marinade
Saumon en Marinade de Vodka

- 8 Tbsp extra-virgin olive oil
- 1/3 cup vodka
- 1 Tbsp ground black pepper
- 4 salmon fillets
- 1/2 Tbsp butter
- Fleur de sel de Guérande (Order)
- 1 cup whipping cream
- 1 Tbsp green peppercorns, drained

Mix the oil, vodka and black pepper together and marinate the salmon fillets for 30 minutes in the refrigerator. Preheat oven to 400 F. Remove fish from marinade and reserve both. In a skillet over high heat, sear the salmon fillets flesh-side down until they get golden-brown, about 30 seconds. Set the skillet in the oven and roast until the fish is almost done, about 8 minutes. Return the skillet to the stove top over high heat, add the butter, turn the fillets over and sear the skin side for one minute. Set aside on warmed plates and sprinkle with fleur de sel. Pour the marinade in the skillet, add the cream and green peppercorns; bring to a boil until the sauce thickens. Pool sauce around the fish and serve immediately. NOTE: Make sure your skillet has oven-proof handles!

4 Servings



Scallops in Saffron Sauce
Effeuillé de Saint Jacques et Petits Légumes au Safran

-
- 12 sea scallops
- 3 large carrots
- 2 medium turnips
- Guérande sea salt (Order)
- 1/2 lb string beans, cut in 1 inch length
- 1/4 lb green peas, shelled
- 3 Tbsp unsalted butter
- White pepper

- For the Saffron Sauce
- 2 shallots, chopped fine
- 3/4 cup dry white wine
- 1 tsp white wine vinegar
- 3/4 cup heavy cream
- 12 Tbsp unsalted butter, softened
- Salt and freshly ground pepper
- 1/4 tsp saffron threads
- 1 small head red leaf lettuce
- Chervil leaves (or parsley) for garnish

Rinse the scallops in cold water and drain. Pull off and discard the small hard muscle on the side of each scallop. Cut the scallops horizontally into slices 1/8" thick; set aside. Peel and cut carrots and turnips into sticks 1" long and 3/8" wide. Bring a large saucepan of salted water to a boil. Add the beans and cook until crisp-tender, about 10 mn; drain. Refresh under cold water and drain again. Cook the peas in the same way. Heat the butter in a medium frying pan over medium heat. Add the carrots and cook 7 mn. Add the turnips and cook until the vegetables are crisp-tender, about 6 more mn. Season to taste with salt and pepper. Remove the pan from the heat. Stir in the cooked beans and peas. Cover and set aside. Preheat the oven to 475□. Prepare the saffron sauce: combine the shallots, white wine and vinegar in a small heavy-bottomed saucepan. Cook over medium heat until the liquid has evaporated. Whisk in the cream, lower the heat and simmer until reduced by one-half. Remove the pan from heat and whisk in the softened butter, little by little. Season to taste with salt and pepper and stir in the saffron. Keep the sauce warm off the heat over a saucepan of hot water. Season the sliced scallops with salt and pepper. Arrange on top of the mixed vegetables and bake until the scallops are just

opaque, about 4 mn. To serve, arrange a crown of lettuce on a serving platter. Mound the vegetables in the center of the platter and arrange the scallops on top. Spoon the sauce over and garnish with chervil leaves.

6 Servings



Fillet of sole Dieppoise
Sole Dieppoise

- Filets of 4 Dover soles
- 2 shallots, finely chopped
- 1/4 lb mushrooms, sliced
- 1 cup fish stock (or dry white wine)
- 2 Tbsp butter
- 1 Tbsp flour
- 1/4 cup crème fraîche
- 1 cup cooked and peeled bay shrimp
- Fresh lemon juice
- Salt and pepper

Butter a frying pan, add the shallots, fish and mushrooms. Lightly sprinkle with salt and pour in the stock. Cover with a buttered piece of foil. Bring the stock to a simmer on medium heat, then reduce to low and poach the fish 5 mn until opaque. Remove the fish and mushrooms with a slotted spoon, drain them on paper towels and carefully transfer to a dish. Cover and keep warm. Strain the fish cooking liquid. Melt 1 Tbsp of butter in a saucepan over low heat. Whisk in the flour and cook 30 seconds without letting it color. Pour in the fish cooking liquid, whisking and bring to a boil. Whisk in the cream and a little salt, then reduce the heat and simmer the sauce for 10 mn. Warm the shrimp into the sauce. Then reduce the heat to very low and whisk in the remaining butter. Add a few drops of lemon juice and season to taste. Arrange the fish and the mushrooms on a warm platter. Pour the sauce over the fish.

4 Servings

Scallops, Asparagus and Peas in Tarragon Cream
St Jacques, Asperges et Petits Pois en Crème d' Estragon

- 1 lb green asparagus, trimmed and cut in 1" pieces
- 2 Tbsp butter
- 2 cups of freshly shelled peas
- Salt and pepper
- 2 Tbsp chopped fresh tarragon
- 1 Tbsp vegetable oil
- 1 1/2 lbs large sea scallops
- 1 cup of half and half

Blanch the asparagus pieces in salted boiling water for 4 minutes. Plunge in ice water to stop the cooking and preserve the bright green color. Melt 1 Tbsp butter in a frying pan over medium-high heat, add the peas and drained asparagus pieces; season with salt and pepper, sprinkle with 1/2 Tbsp of tarragon and sauté 3-4 minutes. Transfer to four serving plates, setting the vegetables on one half of each plate and keep warm. In the same skillet, over high heat, add the remaining butter and vegetable oil. Pat the scallops dry and sprinkle with salt and pepper. Add scallops to the skillet and cook until brown at the bottom, about 3 minutes. Turn the scallops over and cook until opaque in center, about one more minute. Transfer to a plate and keep warm. Reduce heat to medium-high, add the half and half and reduce, stirring frequently, until sauce thickens, about 3 minutes. Add the remaining tarragon and check seasoning. Spoon sauce on the other half of the serving plates, next to the vegetables and arrange the scallops on top of the sauce. Serve immediately.

4 Servings



Peppers stuffed with Cod
Poivrons farcis à la Morue

- 4 lbs salt cod
- 6 red bell peppers (or 24 piquillos peppers)
- 4 Tbsp olive oil
- 2 onions, minced
- 1 large clove garlic

- 1 pinch cayenne pepper (or Espelette pepper) (Order)
- 2 Tbsp fresh minced parsley
- For the coulis
- 1 onion, minced
- 1 small serrano pepper, finely diced
- 1 red bell pepper
- 1 lb ripe tomatoes, peeled, seeded and diced
- Salt
- 1/2 cup heavy whipping cream

Cut the salt cod in large pieces and soak for 24 hours in plenty of cold water, changing the water 3 or 4 times. In a stockpot, cover the cold with cold water and bring to a boil; turn off the heat and cover the pot. After 5 mn, drain the cod, remove skin and bones and flake the flesh. Set aside. Roast all 7 peppers in the oven, under the grill; when their skin starts to brown, remove them from the oven and place them in a paper bag. After they have cooled off, remove the stems, the skin, the seeds and the white inside membranes. Keep six of them whole, dice the seventh one. Sweat two minced onions in two Tbsp of olive oil for 5 mn. Add the flakes of fish, the garlic and the cayenne pepper. Cover and simmer over low heat for 15 mn. Pour the mixture in a bowl and mash with a fork. Check seasoning. Stuff six peppers with the mashed cod; set on a platter and keep warm. In a heavy saucepan over medium heat, sauté the onion and serrano pepper in two Tbsp of olive oil for 3 mn; add the remaining bell pepper, the tomatoes and salt to taste. Cook for 10 mn. Add cream, cook another 5 mn and purée in a blender. Check seasoning. Pour the coulis on top and around the stuffed peppers. Serve immediately.

6 Servings

Seabass Provençal
Loup à la Provençale

- 4 sea bass fillet (about 8 oz each)
- 4 Tbsp extra-virgin olive oil
- 2 Tbsp Herbs for Fish (Order)
- Juice from 1/2 lemon
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- Lemon wedges for garnish.

Preheat broiler. In a small bowl, combine oil, herbs, lemon juice, salt and pepper. Brush both sides of fish with mixture. Place fish on a large platter or in a glass baking dish. Add any remaining oil/herbs mixture. Broil about eight minutes or until done to your liking. Transfer to a warm serving platter or to individual plates. Accompany with lemon wedges.

Serves 4



Prawns and Scallops with Fleur de Sel
Coquilles St Jacques et Bouquets à la Fleur de Sel

- 9 prawns or jumbo shrimp
- 9 sea scallops
- 3 Tbsp extra virgin olive oil
- 1 Tbsp freshly ground black pepper
- 1 teaspoon Fleur de Sel de Guérande (Order)

Shell the prawns and devein them. Brush them and the scallops with 1 Tbsp of the olive oil. Sprinkle the pepper in a non stick sauté pan and place over low heat. Let the pepper heat gently and then pour the remaining 2 Tbsp of oil. Add the shrimp and scallops and cook over high heat for 40 seconds on each side. Sprinkle with the fleur de sel. Divide the seafood among three warm plates and drizzle with the pan juices. Serve at once.

3 Servings



Cod nets in frills
Filet de cabillaud en papillote

- 4 cod nets
- 2.6 oz of butter
- 1 lemon
- 4 branches of thyme
- white ground pepper, salt

Preheat the oven for 10 mn. Dispose the fish net on a tin foil, add salt and pepper and some drops of lemon. Deposit on every net a piece of butter and a branch of thyme. Cook for 15 mn at 425 F.

4 Servings



Scallops gratinée
Gratinée de Coquille St Jacques

- scallops
- 20 small shrimps (already cooked)
- 3 oz mushrooms
- 1 oz butter + a few knobs
- 1 1/2 oz flour
- 1 cup of water
- 1/2 cup dry white wine
- 2 Tb spoons + 1 drop olive oil
- 1 drop of lemon juice
- 1 big shallot
- 1 bay leaf
- 1 Tb spoon sour cream
- 6 Tb spoons of dry breadcrumbs
- grated nutmeg
- salt & pepper

Peel the shrimps, peel the shallot and cut it in 2 halves, longwise. Wash the scallops if necessary and cut them in half crossway. Slice the mushrooms.
In a saucepan, pour the water and the wine, add the shallot, bay leaf, the drops of oil and lemon juice, and salt. Add the scallops. They should be entirely covered by the liquid. Gently bring to simmer, cover with a lid, and let cook for another 5 mn. Remove the scallops from the cooking liquid and strain them, and keep the cooking juice. In a frying pan, cook the sliced mushroom in the 2 spoons of olive oil, for about 5 mn stirring often. Prepare your individual scallop dishes, display 3 slices of scallop in the bottom of each, put 5 shrimps on them, and equally divide the mushrooms on top of them. In a saucepan, prepare a white sauce (Béchamel), melt the butter, medium flame, and pour the flour on it while stirring until well blended. Start pouring a bit of the cooking juice and gently stir until it is incorporated, keep doing this until the Béchamel is ready, it must get thicker, but not too much, reckon for 10 mn. Season with salt, pepper and nutmeg, finally add the cream. Pour the Béchamel sauce equally in each individual scallop dish.
Sprinkle with the breadcrumbs on each dish and put one or two thin butter knobs on. Put under oven grill until golden brown for about 10 mn. Serve immediately.

This dish comes from Normandy and is very popular in this region.

4 Servings



Gratin of haddock
Haddock au gratin

- 2 thick nets of haddock
- 7 oz of carrots
- 7 oz of potatoes
- 1/4 of cabbage
- 6 Teaspoon fish stock
- 1.2 cup of milk
- 1.7 oz of shredded Gruyère de Comté (Order)

Cut the haddock in sections. In a pan, mix milk with the same quantity of water, the fish stock and make a poach inside the pieces of haddock for 5 minutes on low heat. Withdraw from the fire and leave in the court-bouillon. Prepare the vegetables. Cut the carrots and potatoes in round slices. Preserve the whole cabbage sheets. Put the vegetables in a cold water pan and cook them 15 mn starting from boil. Make the sauce with the white wine and the rest of fish stock in 0.8 cup of boiling water. Put in a dish, by alternating haddock and sheets of cabbage. Lay out carrots and potatoes in crown. Sprinkle with sauce with the white wine and powder with Gruyère de Comté. Put the dish in the oven and let it broil for 5 mn or until golden.

4 Servings



Normandy Sole
Sole de Normandie

- 8 large soles, filleted
- 2 lb mussels, cleaned
- 2 shallots
- 2 leeks (only the white parts)
- 1 carrot
- 13 fl oz cups fine bottled cider
- 7 fl oz double cream (heavy cream)

- 1/2 oz butter
- 5 sprig flat parsley
- salt, pepper

Cook the heads and the bones of the soles for 15 minutes with cider, salt and pepper, then filter. Reserve. This is the fish's aroma.

Cut the leeks and the carrot in small pieces (about 1/2 inch). Mince shallots and put them in a high-sided frying pan with butter. Add carrot and leeks, brown gently for 2 minutes. Add the fish's aroma, then the double cream (heavy cream), gently cook for 10 minutes. Meanwhile, put the cleaned mussels in a large saucepan over a high heat for 8 minutes. Shake well to make sure all the mussels are opened. Do not keep closed mussels, only keep the opened mussels. Let's cool for a few minutes then take out the mussels from their shells. Filter the juice and pour it in a large saucepan. Roll the sole's fillets, use a wooden pike to maintain them. Add the soles in the saucepan with mussels, and pinced parsley. Cover then, and simmer for 10 minutes.

4 Servings

Pavé of cod lardé with the salmon fumé
Pavé de cabillaud au saumon fumé

- 4.2 oz of green lenses
- 1.7 oz of smoked bacon
- 0.8 cups of sour cream
- 1 poultry stock
- 2 cloves of garlic
- 1 furnished bouquet
- olive oil
- rosemary
- salt, pepper

Cook the lenses. De-double the fish in the direction of the length. Lay out a smoked salmon steak in sandwich. Cook on skin side in olive oil and rosemary. Season. Turn over the fish and put in the oven for 4 mn at 420 F. Then put the potatoes and lenses in the dish and pour with sour cream. Serve hot.

4 Servings



Brillat-Savarin fondue
Fondue de Brillat Savarin

- 8 eggs
- 1/4 of the weight (of eggs) in cheese, grated Comté cheese (Order)
- 1/6 of the weight (of eggs) in butter
- salt
- pepper

Weigh, before breaking them, the eggs which you employ for this recipe.
Put the quarter of this weight out of grated cheese (once again, Comté cheese preferably). Put the sixth of the weight of eggs out of butter. Break and beat eggs in a pan; add butter and grated cheese. Cook over a low heat until the cheese has melted, and the fondue is smooth. Salt and pepper according to your taste.

4 Servings



Cheese Soufflé
Soufflé au fromage

- 1.7 oz butter 1.4 oz of flour
- 5 cups of milk
- 1 pinch of yeast
- Nutmeg
- 2 pinches of pepper
- 4 eggs
- 3.5 oz of grated Gruyère de Comté cheese (Order)

Dissolve butter, mix there the flour, and cook 1 to 2 mn. Then wet with milk, and stir

up on fire to the first boil. Melt until the sauce, which is a béchamel, is very thick. Season with salt, pepper, grated nutmeg, then withdraw from the fire. Add the egg yolks one by one and stir, avoid cooking.
Assemble the white in firm snow. Mix them in the pan with the grated cheese and the sauce, make sure not to brake them too much. Then pour the preparation in a round dish, buttered and powdered with flour. Cook in the oven for 30 minutes BUT DO NOT OPEN THE DOOR UNTIL DONE, or the soufflé will fall. You can add some little pieces of ham to add a little flavor.

This dish is very popular and a quick fix at the same time.



Cheese Soup
Soupe au Fromage

- 3 oz salt pork fatback or unsmoked bacon fat
- 1 large onion, sliced
- 6 cups vegetable stock
- Freshly ground pepper
- 12 oz young cantal cheese, (Order)
- 12 oz rye bread, sliced
- 2 Tbsp heavy whipping cream

Preheat oven to 350°F. Dice the fat in fine pieces and render it in a non stick frying pan over medium heat. Fry the onion until golden (do not allow to burn). In a large saucepan, bring the stock to a boil, add the onion, its cooking fat, any remaining scraps of unrendered fat and a little pepper. Simmer for 20 minutes. Finely grate the cheese. Put alternate layers of bread and cheese into a 3-quart soup tureen, ending with a layer of cheese. Dribble the cream over the top and pour in the boiling-hot stock. Put in the oven for about 15 minutes, then serve in warmed bowls or soup plates.

6 Servings



Cream slice of gingerbread to the Bleu d'Auvergne
Millefeuille de pain d'épices au Bleu d'Auvergne

- 1 gingerbread (Order)
- 8.9 oz, 8.9 oz of Bleu d'Auvergne cheese (Order)
- 1.7 oz of butter

Crumble the Bleu d'Auvergne cheese in Order to obtain small grains then, to bind it with butter. Cut the gingerbread in the length. Spread on the gingerbread of the same thickness the Bleu d'Auvergne. Make a sandwich of d different layers, put them in a food film and press well. Let it rest for 24 hours in the fridge. You can insert in the middle of the bread a long stick to keep it together. Then cut in slices like a cake and pour a few drop of olive oil.



Mouthful with Bleu d'Auvergne cheese
Bouchées au Bleu d'Auvergne

- 1 can of mouthfuls for the aperitif
- 7 oz of white cooked beans
- 7 oz of Bleu d'Auvergne (Order)
- 3.5 oz of sauce soubise (onions+ béchamel)
- 1 egg
- 1 glass of milk
- 3.5 oz of butter
- 1 soup spoon of flour,
- Nutmeg
- Salt
- Pepper of Cayenne (Order)

In a saucepan with a thick bottom, melt 3.5 oz of butter. Add 1 flour tablespoon. Stir with a wood spatula and add progressively the milk without stopping stirring. Once the sauce is thick, add the onions previously shredded and income in a little butter. Cook the beans on low heat for 5 mn. Add the crumbled Bleu d'Auvergne cheese to the sauce soubise. Divide the sauce and some beans in small each mouthful. Season with nutmegs and pepper of Cayenne. Serve warm.



The Savoyarde Fondue (Savoie mountains recipe)
Fondue Savoyarde

- 17 oz of Gruyère de Comté cheese (Order)
- 17oz of Beaufort cheese (Order)
- 7.05 oz of Reblochon cheese (Order)
- 1.5 oz of butter
- 2 cloves of garlic
- 1/2 bottle of vin blanc de Savoie (white wine of Savoie) (Order)
- 1 soup spoon of potato flour
- Salt and pepper
- If desired 1 large bread not too fresh.

Take off the crust of the cheeses and cut them in small cubes. Rub the casserole with garlic and leave to clove in the casserole, add 1.5 oz of butter and heat on low. Pour 1 glass of white wine from Savoie, still turning with a wood spoon. Slowly incorporate the rest of the wine and the cheeses. Then, add the salt and pepper, if desired, and place the casserole on a portable stove. Stick on a fork or fondue sticks little pieces of bread, not too fresh and dig them in this unctuous creamy and smooth paste.
(The best is to use a fondue dish).This dish is perfect on a cold and rainy day with friends or family.

This dish is very popular in France and is usually a winter dish. People do it after a long day of skiing or a cold and rainy day.



Potato-Cheese Casserole
Gratin Dauphinois

- 2 pounds potatoes
- 2 cups milk
- 1/2 cup Swiss cheese –shredded
- 2 eggs, salt, pepper
- Nutmeg
- Butter

Peel and wash the potatoes and then thinly slice them. Shred the cheese into the first cereal bowl. Mix the eggs, milk, salt, pepper, and nutmeg, in the other cereal bowl. Grease the 10" inch pan. Layer the potatoes in the pan overlapping each slice. Cover this with a layer of cheese. Pour the egg mixture on top of the cheese. Place four .25" squares of butter on top of the cheese.
Bake in the oven at 350 degrees F "bain marie" style. Place 10" pan inside the larger pan. Fill the larger pan with 1" of water. This will help prevent the milk-egg mixture from over cooking.
The dish is ready when all of liquid in the potatoes pan is absorbed. The top layer should have a golden color. You could also check the potatoes with a knife for softness.

This dish is perfect with beef meat, or alone as preferred.

6 to 8 servings

Bouchées de jambon cuit au chèvre
Mouthfuls of ham with Goat cheese

- 4 ham slices cooked
- 1 cheese Bûche de Chèvre (Order)
- 2 garlic pods
- 1 chives bouquet
- 4 soup spoons of vinaigrette
- 1 small red pepper
- 1 small yellow pepper
- salt, pepper

Wash and spin the salad. Put it in a salad bowl and season it with vinaigrette. Cut the peppers in fine slices. Peel the garlic pods, withdraw the germ, chop finely flesh and crush the garlic. Cut 8 wisps of dill. In a bowl, put the goat cheese, add the garlic, the chiseled chives, the salt and the pepper. Mix well. On flat panel lay the ham slices. Cut them in three or four in the length. Roll every piece on itself, and maintain it delicately with a wisp of dill. In a dish, deposit the salad, the ham mouthfuls, Decorate with very fine slices of pepper. Serve fresh.



Scrambled eggs à la Tomme de Savoie
Oeufs brouillés à la Tomme de Savoie cheese

- 8 eggs, 2.8 oz of Tomme de Savoie cheese (Order)
- 2.8 oz of butter cut in small cubes
- 2 soup spoons of sour cream, 1 nutmeg
- salt and pepper

Whisk the eggs in a hollow dish, add salt and pepper, shred a little bit of the nutmeg and thoroughly mix. Pour this preparation in a pan already well buttered and place it au bain-marie (place the pan on a larger pan of boiling water). Cook and mix all the time with a wood spatula and incorporate one at a time the butter cubes until the mixture blends the butter. Once the preparation is creamy, add the Tomme de Savoie and the sour cream still mixing. And serve as soon as possible.

You may serve as well a red wine to accompany this dish.



Potato and Comté Cheese tart
Tarte aux pommes de terre et au Comté

- Non sugared pie crust
- 7 oz thinly sliced onions
- 8 small potatoes peeled and sliced

- 10 oz tomato sauce, not too liquid
- 6 oz Comté cheese, diced (Order)
- 3 oz butter to cook the vegetables
- 1/2 cup of cream whipped with a pinch of nutmeg
- salt
- pepper

Preheat the oven to 375°F. Sauté the sliced onions until soft and slightly golden (about 20'). Reserve, keep warm. Wash the potatoes, then pat dry. Sauté them in a casserole until lightly golden. Cover the casserole, lower the flame and cook until tender but still a little firm. Roll out the dough and place it in a greased pie pan. Bake until cooked and lightly golden. Remove pie crust from oven. Arrange on top the onions first, then small cubes of Comté, then tomato sauce. Then place the potatoes on top and arrange as for an apple tart. Put back in the oven for about 7 to 10 minutes. Spread whipped cream on top. Put back in the oven for 2 minutes. Serve hot.

4 Servings

Soft pie with Coulomier cheese and broccoli
Tarte moelleuse au Coulomier et brocolis

- 1 pie dough 1 Coulomier cheese (Order)
- 12 oz of broccoli
- 26 fl oz of sour cream
- 2 eggs
- 1 ham slice of Bayonne ham (Order)
- Salt
- Pepper and nutmeg

Cook the broccoli to the vapor. Spread the dough in a grinds to pie and dispose the broccoli over. Cut the ham of Bayonne in small pieces and sprinkle in the pie. Add, after you have beaten them, the eggs, the cream, the salt, the pepper and the nutmeg. Cut fine pieces of Coulomier and dispose them on the preparation. Cook for 30 min to 400 F. Serve hot.

4 to 6 Servings



Reblochon cheese Tartiflette
Tartiflette au Reblochon

Tartiflette is a French dish from the Savoy region. Historically, the tartiflette originates in the valley of Aravis, home of the Reblochon cheese. However, it is not a traditional dish and was in fact invented and launched only in the 1980's by the Trade union of the Reblochon in Order to increase sales of the cheese. Different valleys in the region have different methods of producing Tartiflette and there may even be one recipe per village. One example recipe is shown below. Once cooked and served hot, it is one of the most delicious dish.

- 1-3/4 pounds Yukon Gold potatoes (5 or 6 medium-sized ones, all the same size) or waxy boiling potatoes
- 5 or 6 ounces slab bacon, or salt pork, cut into lardons about 1" x 1/4" by 1/4"
- 2 tablespoons butter
- 1 medium onion (about 6 ounces, peeled), finely chopped
- 1/4 cup dry white wine or dry vermouth
- 6 tablespoons heavy cream (1/4 cup plus 2 tablespoons)
- salt and pepper to taste, probably at least 1/2 teaspoon salt, possibly more
- 1/2 of a 1-pound Reblochon cheese (Order)

Preheat the oven to 350 degrees.

Use potatoes that are all the same size so that they will cook evenly. Boil them in their skins for exactly 20 minutes, until they're just beginning to get tender. Do not overcook! Rinse with cold water to stop the cooking. While still warm, peel the potatoes with your fingers, and then use a large, very sharp knife to cut them into slices about 1/3-inch thick. Then cut the slices into rough cubes. While the potatoes are cooking, slice the slab bacon or salt pork into slices about 1/4-inch thick. Then cut into lardons about 1/4-inch across. Melt the butter in a large sauté pan, and then cook the lardons over medium-high heat until crisp and golden brown. Remove with a slotted spoon and set aside, leaving the bacon fat in the pan. Cook the onions in the bacon fat over medium heat, stirring often, until wilted and slightly golden. Drain in a strainer, pressing with a spoon to remove as much fat as possible, and leave them there.

Pour off the fat in the pan, return the bacon and onions, and add the wine. Cook over high heat until the wine is nearly evaporated. Add the diced potatoes and cook for a minute or so, stirring constantly until all the ingredients are well mixed together. Add the cream and salt and pepper to taste. Try using a little more salt than you

might think is necessary, at least 1/2 teaspoon. Stir all the ingredients together for a minute. Lightly butter the inside of an 10- or 11-inch earthenware baking dish. Add the potato mixture and smooth the surface. Cut the Reblochon in two down across the top so that you have two pieces in the shape of a half-moon. Put one of the pieces away for another use. Use a sharp knife to lightly score the crust of the remaining half-cheese about every inch, including its side. Then carefully slice horizontally through its center so that you now have two half-moon pieces. Place the two pieces of cheese crust-side-up on top of the potatoes so that they form a circular cheese again. Cover the dish tightly with aluminum foil and bake in the center of the oven for 1 hour. Remove the foil and stir the cheese, including the crust, into the potatoes, mixing well. Place 5 or 6 inches under the broiler and cook until golden brown on top.

6 to 8 Servings

Roasted chicken with Reblochon cheese
Poulet rôti au Reblochon

- 1 large chicken
- 1 large crust of bread
- 7.5 oz of Reblochon cheese (Order)
- 4 cloves of garlic

Empty and get the chicken ready. Make a whole in the crust of bread in Order to put the Reblochon cheese inside. Add some pepper, close it and pour garlic on the surface of the bread. Slip the bread inside the chicken which you would have saltered and peppered. Close the chicken and roast on the spit for 1 hour. When cooked, cut in slices in Order for your guests to have a slice of bread with the cheese.

This dish is exceptional and your guests will love it. Enhance it with a bottle of red wine.



Munster with garlic and coriander naan, mango chutney and pickled cucumber salad
Salade au Munster

- 1 tsp cumin seeds
- 1 small cucumber

- 1 tbsp Japanese seasoned rice vinegar
- 1 pack of mini garlic and coriander naan breads
- 9 oz French Munster (Order)
- 4 heaped tbsp mild to medium hot mango chutney
- A few fresh coriander leaves
- Salt

Fry the cumin seeds for a couple of minutes over a moderate heat until they start to brown. Set aside. Finely slice a small ridged cucumber with a cheese slice, salt lightly and press between 2 plates with a weight on top for 10 minutes. Rinse off the salt, pat dry and season with 1 tbsp Japanese seasoned rice vinegar. Toast 4 garlic and coriander naans lightly to warm them through and puff them up. Cut the Munster into thick wedges and divide between four plates. Add a portion of cucumber salad, a spoonful of mango chutney and a halved mini-coriander naan. Sprinkle the cucumber with toasted cumin seeds and coriander leaves.



Grilled Cheese and Ham Sandwich
Croque Monsieur

A croque-monsieur is based upon an old cheese recipe. It is a favorite French street sandwich, sold at both sidewalk kiosks and restaurants, which has a crusty exterior stuffed with ham and Gruyere cheese.

- 8 slices of crust less white bread.
- 4 tbs heavy cream.
- 4 slices of Gruyère cheese (Order)
- 4 slices of ham.
- 2 eggs.
- 1 tbs Butter.
- Salt, pepper, herbs de Provence (Order)

Beat the 2 whole eggs in a container and add the cream, salt, pepper and herbs; Dredge the bread in this mixture. Put 4 slices of the battered bread into a hot frying pan and reduce the heat to simmer. Place 1 slice each of the cheese and the ham on each slice of bread. Cap each build-up with a battered slice of bread;
Cover the pan and simmer on both sides until done, checking frequently about 10 minutes. You can make this recipe into one for a Croque-Madame by sautéing an egg, sunny-side up, sprinkled with salt, pepper and herbs and placing it on top of the Croque-Monsieur.
The above recipe can be deep fried by substituting about 54 g of grated Gruyère, for the sliced cheese.



Veal Chops Stuffed with Ham and Cheese
Côte de Veau au fromage

- 4 1 inch thick veal chops;
- 4 slices of cured ham jambon de Paris, de Bayonne or de Parme (Order)
- 4 thin slices of Gruyère cheese (Order)
- 1/4 cup of flour;
- 2 eggs;
- 1/2 cup of dried bread crumbs;
- 1/4 lb butter;
- 1 lemon cut into 8 slices;
- Salt, pepper and herbs de Provence (Order)

Make a length-wise stuffing pocket, by partially splitting each of the chops;
In each pocket, place a slice of ham and one of cheese. Firmly press the chops, with their stuffed pockets, with your wet hands. Hold the two sides of the chops together with toothpicks. Beat the eggs with a fork. Mix together the flour salt, pepper and herbs de Provence. Dredge the chops in the flour mixture and then in the beaten eggs. Then, dredge them in the crumbs. Melt the butter in a frying pan. Add the chops to the pan and sauté for about 10 minutes on each side, or until done. Serve sprinkled with parsley with the lemon slices on the side.

6 Servings



Quiche Lorraine

- 7 oz lardoons (diced bacon)
- 6 eggs
- 7 fl oz single cream
- 2 oz of thinly semi soft cheese
- 1 tomato
- 1 Tb spoon of Dijon mustard
- salt, pepper & grated nutmeg
- Short crust pastry :
- 7 oz plain flour
- 31/2 oz butter (unsalted)

- 2 to 3 fl oz of water
- 1 pinch of salt

Make the pastry:
In an electric mixer, put the flour and the salt ; turn mixer on and add the butter cut in small cubes while mixing for another 15 seconds ; still mixing, add the first 3 spoons of water and then one by one slowly until the dough becomes a ball. Stop adding water right away (the ball must not stick). Leave the paste in a salad bowl for at least 30 minutes (with a bit of flour on bottom).

Make the Quiche
Pre-heat oven 400 F; butter the pie dishes ; cut the tomatoes into thin slices. Spread directly the pastry in the pie dishes with your fingers (using flour to help, push dough from middle to sides of dishes). Let the pastry stand a bit higher than the dish edge. Bake the pastry for 5 to 10 minutes; get them out before they shrink, adjust sides if needed. Fry the lardoons in a pan, stirring occasionally, until they get brown and crisp. In the meantime, beat the eggs with a fork in a bowl and add the cream and seasoning. Pour the lardoons in the beaten eggs, leaving the fat from cooking inside the pan; beat again to mix.
For each pie dish, brush the case with the Dijon mustard, cover with sliced cheese, then with sliced tomatoes ; pour the eggs mixture on top (divide equally the lardoons). Bake for 15 to 20 minutes if unitary pie dish; add 10 minutes if you use a one single large dish.

6 Servings



Veal Blanquette
Blanquette de Veau

- 1 lb veal briskets
- 1 lb shoulder of veal
- 1 lb potatoes
- 1 lb carrots
- 1/2 lb mushrooms
- 7 fl oz heavy cream
- 1 oz butter
- 3 oz plain flour
- 1 shallot
- 2 bay leaves
- 2 Tb spoons olive oil
- 5 peppercorns
- salt & pepper & nutmeg

Peel the shallot and cut it in 2 halves; cut the meat in big cubes. In a casserole put the meat with cooking salt, the shallot, the bay leaves and the peppercorns; cover with cold water and bring to simmer; simmer for 1 hour 30. For the first half hour, skim the water, then cover. Peel and slice (thick) the potatoes; peel and slice the carrots, clean the mushrooms and cook them in a little olive oil. After the 1h30 cooking, add the carrots and potatoes and simmer for another 30 minutes. Prepare a "sauce blanche" (béchamel with cooking juice): melt the butter in a sauce pan and spread the flour on it; mix well. Start pouring the meat cooking juice (stock) little by little while turning with a wooden spoon. Try to strain the stock while pouring it. When the sauce has reached the right consistency (béchamel), add salt & pepper and a little nutmeg, then the cream. Add the meat and potatoes and carrots and mushrooms, mix carefully and let heat for 5 to 10 minutes together.

6 Servings

Snail Bourguignonne
Escargots bourguignonne

- ¾ lb Sweet butter
- 2 Tb spoon Shallots
- Clove garlic
- 2 Tb spoon Chopped parsley
- ¼ T spoon Salt
- 1 ds Pepper
- 1 pn Nutmeg
- 4 Dozen Snails

For the butter... Cream in a bowl the butter and add all the rest of the ingredients, except the snails. Preheat an oven to 400 F. Wash and clean the snails according to package directions; wash and clean the shells according to package directions... Put a little of the Snail Butter into the bottom of each shell; add the snails; and fill the shells with more of the Snail Butter. Place the shells in small dishes, with open ends up. Sprinkle with dry bread crumbs. Pour 2 Tablespoons dry white wine in bottom of each dish. Bake for 8 minutes. Serve with warmed French Bread to mop-up the extra sauce.

8 Servings

Turquey scallops with cream of mushrooms
Escalope de dinde à la crème aux champignons

- 35 oz of mushrooms
- 4 turkey scallops
- 4 soup spoon of sour cream
- the juice of a lemon
- 1.7 oz of butter
- 1 pinch of paprika
- Salt
- Pepper

Clean the mushrooms and cut them in thick slices and brown them in a frying pan in Order to get their water. Cook the turkey scallops in the butter, salt and pepper. At the end of the cooking, add the lemon juice, the sour cream to the mushrooms and a pinch of paprika. Leave to boil 1 mn. In the service dish, deposit the mushrooms then the scallops. Serve immediately. One can replace the paprika by curry or fresh chiseled coriander.

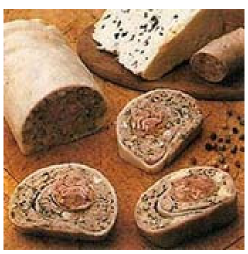
4 Servings



Omelet with fresh truffles
Omelette aux truffes fraîches

- 3 truffles (Order)
- 1 Tbsp of goose fat (Order)

Cut your truffles in medium round slices and pour them in 1 Tbsp of goose fat. Chop thinly a few slices of truffles and incorporate them in the eggs already whisked. Keep a few slices to decorate the omelet. This is an easy dish for the omelet lovers. The truffle adds a little flavor to it.



Andouillette sausage and chaource cheese au
Gratinée d'Andouillette au chaource grattin

- 10 oz of mushrooms
- 1 oz of butter
- 4 Andouillettes sausages (Order)
- 1 Chaource cheese (Order)
- 2 shallots
- 2.1 oz of Chaource cheese
- salt
- pepper

Cut the mushrooms and braise them in a pan. Drain and put aside. Brown for 2 mn in a pan the 2 shallots already shredded. Add the mushrooms, mix and add salt and pepper. Pour the mixture at the bottom of a serving dish. Cut the Andouillette sausage in round slices and dispose them on the mushrooms and the shallots that are already on the dish.
Then, slice thinly the Chaource cheese and dispose the slices on the sausage, spread with "bouillon"(stock) and put in the oven to cook for 35 minutes at thermostat 410 F.

4 Servings

Fig and Bacon Brochettes
Brochettes de Figues au Bacon

- 9 fresh figs
- 1 Tbsp herbs of Provence (Order)
- 9 slices of lean bacon, cut in half
- 1 Tbsp extra-virgin olive oil

Soak 6 wooden skewers in cold water for 20 mn. Cut the figs in half lengthwise. Season them with herbs of Provence. Wrap each half fig with a piece of bacon. Spear them on wood skewers, three per skewer. Brush with olive oil. Grill in the oven or on the barbecue just until the bacon starts to sizzle. Serve hot with grilled meat or roasted poultry.

6 Servings

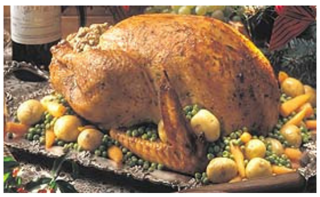


Guinea Fowl with Cabbage
Pintade au chou

- 1 head white cabbage, cored and cut into quarters
- 1 Guinea fowl (Order)
- Salt and pepper
- 1 Tbsp butter
- 1 Tbsp olive oil
- 1/2 Lb bacon, cut into lardoons (small pieces)
- 1 onion, chopped
- 1 carrot, peeled and cut into thick slices
- 1 branch of celery, cut into chunks
- 1 cup chicken stock

Blanch the cabbage in boiling salted water for 10 minutes. Drain well. Season the Guinea fowl with salt and pepper. In a Dutch oven or large pot, melt the butter and the oil on medium heat; brown the Guinea fowl on all sides, then remove the bird and set aside. Add the bacon, onion, carrot and celery to the pot and sweat the vegetables for 5 minutes. Add the cabbage, salt and pepper; top with the Guinea fowl, add the chicken broth, cover and simmer 40 minutes. Turn the Guinea fowl onto its other side and cook another 40 minutes. When the Guinea fowl is done, remove it from the pot. Set the vegetables on a serving platter; carve the Guinea fowl and serve on top of the cabbage.

4 Servings



Turkey stuffed with Chestnuts
Dinde Farcie aux Marrons

- 1 cup raisins
- 1 6lb turkey with giblets
- 1/2 cup butter
- 1 17 oz pack of ready-cooked chestnuts (Order)
- Salt and pepper
- 2 fresh thyme sprigs

Preheat oven to 450F. Soak the raisins in warm water. Finely chop the turkey liver. Heat 1Tbsp of butter in a frying pan, add the chopped liver and cook over medium heat for 2 minutes, stirring constantly. Remove from the pan. Melt 2 Tbsp of butter in the pan and add half the chestnuts. Season with salt and pepper and add a sprig of thyme. Stir for 5 minutes over a medium heat, then remove from heat and leave to cool. Mix the cooked chestnuts, drained raisins and liver together and put inside the turkey. Sew up the opening with kitchen string. Put the turkey in a roasting pan. Coat with plenty of butter, season with salt and pepper and sprinkle with a few leaves of thyme. Add 3 Tbsp of hot water and the remaining turkey giblets and roast for 3 hours, basting the turkey frequently with the pan juices. Add 3 Tbsp of hot water from time to time while the turkey is cooking and cover it with foil if it browns excessively. About 15 minutes before the end of the cooking time, put the rest of the chestnuts and butter in a saucepan. Add salt and pepper to taste and 1tsp of thyme leaves. Heat through gently. Set the turkey on a warmed serving platter and keep it hot. Put the roasting pan on top of the stove, remove the giblets and add 5 Tbsp of hot water to the juices. Boil, stirring with a wooden spoon, until the sauce reduces, then strain it into a sauceboat. Arrange the chestnuts around the turkey.

8 Servings

Alsatian Stew
Baekeoffe

- 1 lb beef shoulder
- 1 lb pork shoulder
- 1 lb lamb shoulder
- 4 yellow onions
- 2 leeks (white part and tender green part only)
- 1 bouquet garni
- 2 cloves of garlic, peeled and cut in half
- Salt and pepper
- 2 cups of Riesling
- 2 1/2 lbs potatoes

Debone the meat and trim the fat. Cut into 2 " cubes. Thinly slice the onions, carrots and leeks. Place the meats in a large bowl, along with the vegetables, the bouquet garni and the garlic. Season with salt and pepper, pour the wine into the bowl, toss the ingredients, cover and marinate in the refrigerator overnight. The next day, preheat the oven to 375☐. Peel and cut the potatoes into large chunks. Butter a large casserole and layer one third of the potatoes on the bottom; Salt them lightly, top with half of the meat and vegetables; repeat with a layer of potatoes and a layer of meats and vegetable; finish with the last third of the potatoes. Pour the marinade over the potatoes and add a little more salt and pepper. Bake in the center of the oven for 3 to 3 1/2 hours. Remove the bouquet garni before bringing the Baekeoffe to the table in its casserole.

8 to 10 Servings



Rabbit with Prunes
Lapin aux Pruneaux

- 20 large pitted prunes (Order)
- 1 1/4 cup Madeira wine
- 1 young rabbit, about 2 3/4 lbs
- 1 Tbsp olive oil
- 1/4 cup butter
- 1 slice of cooked ham (5 oz)
- Salt and pepper

Macerate the prunes in Madeira wine for 1 hour. Cut the rabbit into pieces. Heat the oil and 2 Tbsp butter in a flameproof casserole. As soon as the butter bubbles, add the pieces of rabbit and brown lightly over a moderate heat. Cut the ham into strips, add to the casserole and fry for 5 minutes. Season to taste with salt and pepper. Add the Madeira and the prunes. Cover and cook over a very low heat for 45 minutes to 1 hour, until tender. Put the pieces of rabbit in a warmed serving dish with the prunes and ham. Bring the sauce back to a boil, then remove from heat and whisk in the remaining butter, a little at a time. Adjust the seasoning and pour the sauce over the rabbit.

4 Servings



Rabbit with preserved tomatoes and herbs of Provence
Lapin aux tomates confites et herbes de Provence

- 1 entire cut rabbit,
- 6 garlic pods,
- 8 tomatoes cluster
- 2 red onions,
- 2 tablespoons of herbs of Provence (Order)
- 1 sugar tablespoon in powder
- 3.3 fl oz of olive oil, salt, pepper

Cut the tomatoes and the threadbare onions in neighborhoods. Place them in a big dish going to the oven, add the pods entire garlic without peeling them and singe them with sugar. Salt, pepper the rabbit pieces and dispose them to the center of the dish while placing the vegetables around. Pour on herbs of Provence and olive oil. Cook in an oven preheated to 302 F for 50 minutes. Turn the rabbit pieces several times in cooking course. When cooked, add the tomatoes already cooked and serve hot.

6 Servings



Morels in Cream Sauce
Morilles à la Crème

- 1 oz dried morels (Order)
- 1 shallot
- 2 Tbsp butter
- 1 tsp lemon juice
- Salt and pepper
- 1/3 cup dry white wine
- 1/3 cup crème fraîche or heavy cream

Soak the morels for one hour in lukewarm water. Rinse several times to eliminate any grit. Peel and finely chop the shallot. Melt the butter in a saucepan, add the mushrooms and cook over moderate heat for 10 minutes. Add the shallot, the lemon juice and season with salt and pepper. When the shallots are translucent, add the wine. Cook, uncovered, over moderate heat for 10 minutes, or until the wine has completely evaporated. Add the cream, stir to thicken over high heat and serve immediately. Great side dish with veal chops or slices of turkey breast! The Morels with cream make a splendid accompaniment to veal chops or thin slices of turkey breast.

2 Servings

Meat Piece with Crottin de Chavignol sauce
Pièce de viande sauce Crottin de Chavignol

- Rib steak
- 1/2 crottin de Chavignol cheese (Order)
- 10 fl oz of sour cream

Roast the meat to the grill. During this time pour the sour cream and the cheese in a pan. Heat, and as soon as it boils reduce to low heat during 3 to 4 minutes. Add salt and pepper. When the meat is cooked, display in a plate and pour the sauce on top of it. Accompany with vegetables.

4 Servings

Truffled Mashed Potatoes
Purée de Pommes de Terre Truffée

- 4 medium potatoes, peeled and quartered
- Salt
- 3 Tbsp butter
- 0.9 oz black winter truffles (Order)
- 1/3 cup milk
- 1 Tbsp black truffle oil (optional)

Place the potatoes in a saucepan, cover with cold salted water and cook over medium heat for 30 minutes. Meanwhile, pour the milk in a small cup, grate the truffle (or cut it in very small pieces), add the truffles to the milk, cover with plastic wrap and set aside while the potatoes are cooking. When the potatoes are done, drain them in a colander. Heat up the milk and truffles in the microwave oven. Mash the potatoes, add the butter and work in thoroughly, then gradually work in the hot milk and truffles. If desired, add the truffle oil, stir well, cover for one minute and serve immediately.

4 Servings

Marinade
Marinade

- 4 cups red wine
- 1 1/2 cup red wine vinegar
- 1 1/2 cup olive oil
- 3 shallots, chopped
- 1 onion, spiked with a clove
- 6 juniper berries
- 8 peppercorns
- 1 carrot, sliced
- 2 tsp salt
- 1 bouquet garni (parsley, thyme and bay leaf)
- 3 parsley sprigs

Mix all ingredients together in a large container. Keep in a dark, cool place or at the bottom of your refrigerator. Use to marinate game or meat.

Sauce Béchamel

- 1.4 oz of butter
- 1.4 oz of flour
- 4 1/2 cups of milk

In a pan, melt the butter on low heat. Add the flour and mix for a few seconds until the bland is foamy. Add the milk in one shot, salt and pepper and mix everything. Cook on low heat for 10 mn.
This creamy sauce is delicious on grattin of potatoes, chicken and fish.

Honey and Raisin Sauce
Sauce au Miel et aux Raisins

- 2 Tbsp raisins
- 4 Tbsp butter
- 1 Tbsp flour
- 1 cube instant chicken bouillon
- 2 Tbsp honey
- 1 Tbsp tomato paste

- 2 Tbsp vinegar (pref. white wine or cider)
- Pepper

Rinse the raisins in lukewarm water. Melt the butter in a small saucepan. Add the flour and mix for 1 minute (do not let the mixture color). Gradually add 1 cup of water. Crumble the cube of chicken bouillon over the water and cook 5 minutes over low heat. Mix the honey, tomato paste and vinegar together. Pour this mixture into the saucepan and add the raisins. Mix carefully and cook 2 minutes. Pepper generously. This sweet-and-sour sauce goes very well with pork chops and grilled poultry.

Périgueux Sauce
Sauce Périgueux

- 1.75 oz peelings of black winter truffle (Order)
- 1/4 cup Madeira wine
- 8 oz veal stock
- Salt and pepper

Pour the truffle peelings and the Madeira wine a small sauce pan. Over medium-high heat, reduce by half. Add the veal stock and simmer for 10 minutes. Salt and pepper to taste. Sauce Périgueux is traditionally served with Tournedos Rossini (beef fillet topped with a slice of foie gras). It is wonderful with any grilled cut of beef, with duck breast, roasted Guinea fowl or chicken.

Pistou
Pistou

- 2 Tbsp minced garlic
- 4 Tbsp extra-virgin olive oil
- 1 cup fresh basil leaves
- 1/2 cup grated Gruyère cheese (Order)

Place all ingredients in a blender of food processor and blend until smooth. Pistou is the crowning touch of the chunky Provençale vegetable soup. Garnish each serving of soup with 1 tsp of pistou. Pass extra pistou and additional grated Gruyère at the table. Excellent over pasta, too.

Vinaigrette
Vinaigrette

- Salt and Pepper
- 2 Tbsp vinegar
- 1 tsp Dijon mustard (Order)
- 4 Tbsp oil

Dissolve a pinch of salt in the vinegar. Mix in the mustard. Add pepper to taste. Add the oil. Mix thoroughly. Note: this is the basic vinaigrette recipe where the mustard acts as an emulsifier so that the sauce does not separate as readily. Try some interesting variations by emphasizing the flavor of some of the ingredients such as an olive oil/shallot vinegar combination for a taste of Southern France; a peanut oil/raspberry vinegar combination on a crisp, green salad; a walnut oil/red vinegar to go with mixed greens, smoked duck and walnut halves. Experiment with flavored mustards as well to create your very own "house dressing".

Lemon and Thyme marinade
Marinade de citron et thym

- 1 Tb Strained fresh lemon juice
- 2 Ts Chopped fresh thyme, or 3/4tsp dried, crumbled
- 2 Tb Olive oil OR vegetable oil

This is a tangy marinade, containing equal amounts of lemon juice and oil, and is good for rich meats like chicken thighs. It can be used for chicken breasts too, but their skin should be on for additional protection during grilling or broiling. Thyme gives this marinade a flavor loved in France, but you can substitute oregano for an Italian or Greek accent, or mint or cilantro for a Lebanese touch.
Mix ingredients in a small bowl. Makes about 1/4 cup, enough for about 1 1/2 to 2 lbs poultry.



Cherry Clafoutis
Clafoutis aux Cerises

- 1 Tbsp butter, softened
- 1 cup flour
- 3/4 cup sugar
- Pinch of salt
- 5 eggs
- 1 tsp vanilla extract
- 1 cup milk
- 1 cup heavy whipping cream
- 2 Tbsp kirsch (optional)
- 1 lb cherries, washed and stemmed
- Powdered sugar

Preheat oven to 350°F. Brush a 9" x13" gratin dish with the butter. Combine the flour, sugar and salt in a large bowl. Add the eggs and vanilla; whisk until blended. Gradually add the milk and cream, whisking constantly to avoid lumps. Add the kirsch if desired. Spread the cherries over the bottom of the gratin dish. Pour the batter over the fruit. Bake until the clafoutis is lightly browned and a knife inserted into the custard domes out clean, about 40 minutes. Cool completely. Sift some powdered sugar over the top and serve directly from the gratin dish.

6 Servings



Chocolate Mousse
Mousse au chocolat

Chocolate Mousse is a form of creamy desert that is popular in many countries, especially France. Depending on how it is prepared, it can range to light and fluffy to the more creamy and thick.

- 6 eggs, separated
- 1 cup whipping cream
- 6 ounces semisweet or bittersweet chocolate
- 1/2 c. sugar

Separate the egg whites from the yolks. Be very careful not to introduce any yolk into the whites or they will not beat up as well. Begin by melting the chocolate in a double boiler, and beating or whipping each of the other ingredients. Beat the egg whites until light and fluffy, and forming soft peaks. Also beat the egg yolks until light yellow and fluffy, and whip the whipped cream. To assemble the mouse, the melted chocolate, egg yolks, egg white, and whipped cream are mixed together. To keep the mousse light and fluffy, start with the chocolate, the heaviest item, and mix the egg yolks into it, folding gently. Then fold in the next heaviest ingredient, the egg whites. Fold in the whipped cream last of all. Each addition raises the volume of the confection. If you try mixing a heavy item into a light item, you will only flatten it out, and it is important to a good mousse that it remains light.
Depending on the sweetness of the chocolate you used, you may need to add sugar to taste, but the mousse should not be too sweet.
Pour into parfait glasses and chill.

6 Servings



Strawberry Mousse
Mousse aux Fraises

- 1 cup sugar
- 1 lb strawberries
- 3 Tbsp Grand Marnier or Cointreau (Order)
- 2 cups heavy whipping cream

Prepare a syrup by boiling 2/3 cup of sugar and 5 Tbsp of water. Place the strawberries in bowl (reserve 4 of them for garnish); pour the Grand Marnier and the hot syrup over the berries; allow cooling completely. In another bowl, whip the cream and the remaining sugar. Drain the berries and puree them in a blender. Gently mix the strawberry puree with 3/4 of the whipping cream; divide into four cups or glasses. Top with remaining whipping cream and berries. Set in the refrigerator until ready to serve.

4 Servings

Red Fruit Cups with Champagne
Coupes de Fruits Rouges au Champagne

- 12 oz strawberries
- 12 oz seedless watermelon
- 1 Tbsp powdered sugar
- 3 Tbsp blackcurrant syrup
- 6 oz raspberries
- 6 oz blueberries
- 3/4 cup champagne (or other sparkling wine)
- 8 pink champagne cookies (Order)

Rinse the strawberries and remove their stems; halve or quarter them if they are large. Cut the watermelon in cubes. Place the strawberries and watermelon in a large bowl and add the powdered sugar, the blackcurrant syrup, the raspberries and the blueberries. Mix gently and refrigerate four hours. Just prior to serving, mix gently again and douse with the champagne. Transfer to glasses or bowls and accompany with a few pink champagne cookies.

4 Servings

Flaugnarde with Prunes
Flaugnarde aux Pruneaux d'Agen

- 16 pitted Agen prunes (Order)
- 3/4 cup raisins
- 1/2 cup rum
- 4 eggs
- 1/3 cup sugar
- 1/2 cup flour
- Salt
- 4 cups milk
- 2 Tbsp butter

Place the prunes, raisins and rum in a bowl and macerate 3 to 12 hours. Preheat oven to 425° F. Break the eggs into a bowl, add the sugar and whip until the mixture becomes pale yellow and foamy. Gradually add the flour and a pinch of salt. Gradually add the milk, stirring constantly. Pour the prunes, raisins and rum into the egg mixture and stir until well mixed. Butter a rectangular gratin dish and pour the batter into it. Smooth out the surface and dot with remaining butter. Place in the oven and bake for 30 minutes. Serve warm in the gratin dish.

Serves 6 to 8



Raspberry Charlotte
Charlotte aux Framboises

- 1/3 cup sugar
- 1/3 cup water
- 1 1/2 Tbsp raspberry liqueur (or Kirsch)
- 18 Fossiers biscuits roses (Order)
- 1 1/2 envelope powdered gelatin
- 4 cups of raspberries
- 1 cup powdered sugar
- 2 cups heavy whipping cream
- Juice of 1/2 lemon

Make the syrup: combine the sugar and water in a saucepan over medium heat, stirring until the sugar has dissolved, about 5 minutes. Add the liqueur, remove from the stove and let cool at room temperature. Brush the syrup over the non-sugared

side of the cookies; line the bottom and sides of a charlotte mold with the cookies, curved side to the mold. Sprinkle gelatin over 3 Tbsp cold water in a heatproof container and let stand until softened, about 5 minutes. Purée the raspberries in a food processor (save a few raspberries for decoration); reserve one cup of the purée for the coulis. Bring 3 inches of water to simmer in a saucepan. Set the container of softened gelatin in it and let stand until liquid. Whisk into the raspberry purée; add 3/4 cup of powdered sugar and mix well. In a chilled bowl, whip the cream until stiff peaks form and fold into the raspberry mixture. Pour into the charlotte mold, smooth the top, cover with a piece of parchment paper and refrigerate until firm, at least 4 hours. Whisk 1/4 cup of powdered sugar and the lemon juice into the reserved raspberry purée and set aside. When ready to serve the charlotte, remove it from the refrigerator. If necessary, trim the tip of the cookies down to the level of the filling and invert the charlotte on a platter. Carefully remove the mold. Garnish the top of the cake with the reserved raspberries and serve with the coulis on the side.

6 Servings



Madeleines Cookies
Madeleines de Commercy

- 1 cup sugar
- 3 eggs
- Grated zest of 1 lemon
- 2 1/4 cups cake flour
- 1 3/4 tsp baking powder
- 1 tsp vanilla extract
- 5 oz unsalted butter, softened
- 1/3 cup milk
- Soften butter and flour for the madeleine molds

Brush the madeleine molds with the softened butter; dust with flour. Combine the sugar and eggs in a bowl and beat with a whisk or an electric beater until pale yellow and creamy. Add the zest, flour, baking powder, and vanilla and beat until blended. Beat in the softened butter and then the milk. Set aside for 15 mn. Preheat the oven to 400°F. Fit a pastry bag with the medium plain tip and fill with the batter. Pipe the batter into the molds, filling each indentation to the rim. Bake until golden, 12 to 15 mn. Unmold the madeleines immediately onto a cake rack and let cool completely. Store in an airtight container.

Yields 24 cookies



Chocolate Truffles
Truffes au Chocolat

- 1 vanilla bean
- 1 cup whipping cream
- 17.5 oz Valrhona Special Gastronomie (Order)
- 1 oz inverted sugar
- Cocoa powder

Slice the vanilla bean lengthwise and soak in the cream for 3 hours. Coarsely chop the chocolate. Boil the cream and discard the vanilla bean. Pour the boiled cream over the chopped chocolate and sugar. Let stand for 10 minutes. Stir and let stand again until set. Shape into balls, refrigerate for 2or 3 hours and roll into cocoa powder.



Chocolate Charlotte
Charlotte au Chocolat

- 24 ladyfingers
- 2 Tbsp rum
- 2 Tbsp water
- 9 oz Valrhona Gastronomie (Order)
- 1/2 lb unsalted butter, softened
- 2 egg whites

Line the bottom and the sides of a charlotte mold with the ladyfingers (cut off the ends is they are taller than the sides). Mix the rum and the water in a small bowl. Brush the ladyfingers with the rum mixture, starting with the sides of the mold and then brushing the base. Cut the chocolate in small pieces and melt it in a double-boiler. Remove from heat and gradually whisk the softened butter into the melted chocolate. Stir in the egg yolks one by one with a wooden spoon until well blended. Beat the egg whites until stiff peaks form. Whisk one third of the whites in the chocolate mixture to loosen it, then fold the mixture carefully into the remaining egg

whites with wooden spoon. Pour into the lined charlotte mold, up to the rim. Cover with charlotte lid and refrigerate until firm, 4 to 5 hours. To serve, remove the charlotte from the refrigerator, take off the lid, invert a round platter over the charlotte. Quickly reverse the two and slide the charlotte mold off. Serve with a chilled crème anglaise in a sauceboat on the side.

6 Servings

Flambéed Bananas with Prunes
Bananes flambées aux Pruneaux

- 5 oz pitted prunes (Order)
- 1/2 cup chopped almonds
- 1/3 cup Armagnac
- 4 bananas
- 1 Tbsp butter
- 3 Tbsp sugar

Stuff the prunes with the almonds and macerate in Armagnac for 1 hour. Peel the bananas and slice them lengthwise. Melt butter in a frying pan and set the bananas in hot butter; sprinkle with sugar; lightly brown the bananas and caramelize. Add the prunes and the Armagnac. Set alight, then transfer to warm serving platter.

4 Servings

Gratin of Apples and Lavender Honey
Gratin de Pommes au Miel de Lavande

- 4 large apples
- 2 Tbsp butter (plus some for the molds)
- 3 Tbsp lavender honey (Order)
- 2 eggs
- 3 egg whites
- 1/2 cup sugar
- 1/2 tsp vanilla extract
- 1 cup sliced almonds
- 2/3 cup flour
- 5 Tbsp butter, melted

Preheat oven to 325°F. Butter 4 ramekins. Peel, core and quarter the apples; cut into very thin slices. Heat butter in a skillet, add the apples and cook over low heat, stirring occasionally, until they are soft (about 4 mn). Add the honey and continue to cook until the honey has melted. Remove from heat. In a mixing bowl, beat the eggs until light-colored. Add the apple/honey mixture and mix together. Pour the mixture in the ramekins and bake for 20 mn. Remove from the oven and cool. Preheat the

oven to 425°F. Beat the egg whites until stiff, then gradually beat in the sugar and vanilla extract. Fold in the sliced almonds with a spatula, then the flour, then the hot melted butter. On a buttered cookie sheet, make 8 mounds of the mixture and flatten them with a wet fork; bake for 10-12 min. When the cookies are done, place one on each dessert plate; unmold a gratin of apples on each cookie and top each gratin with another cookie. Serve immediately with vanilla ice cream, whipped cream or crème anglaise.

4 Servings



Chocolate Soufflé
Soufflé au Chocolat

- 7 oz Valrhona Special Gastronomie (Order)
- 1 Tbsp water
- 6 eggs, separated
- Vanilla extract
- 1/3 cup flour
- 1/2 cup superfine sugar
- Confectioners' sugar

Preheat the oven to 425°. Break the chocolate into a bowl and add the water. Melt over a pan of hot water over low heat. Remove bowl from the pan of water and beat in the egg yolks, 2 at a time, a few drops of vanilla extract and the flour mixed with three-quarters of the sugar. Beat the egg whites until very stiff, then gradually beat in the remaining sugar. Fold the whites into the chocolate mixture. Butter a 6" soufflé dish and sprinkle with sugar. Fill the soufflé dish to the top with the chocolate mixture. Bake for 30 minutes. Sprinkle with confectioners' sugar and serve immediately.

4 Servings

Clafoutis Bourguignon
Tartouillat

- 8 oz plain flour
- 4 oz sugar
- 1 tsp baking powder
- 3 eggs
- 3 Tbsp milk
- 1 tsp vanilla extract
- 2 1/2 oz unsalted butter, melted
- 2 Lbs black cherries (or apples, or pears)

Sift the flour with the sugar into a bowl, then stir in the baking powder and make a well in the center. Whisk in the eggs, the milk and the vanilla extract to form a smooth batter. Add 4 Tbsp of the melted butter. Let the batter stand for 30 mn while preparing the fruits. Preheat the oven to 450°F. Butter a 8" round cake tin. Pit the black cherries (or peel, core and thinly slice the apples or pears). Stir the fruit into the batter and pour into the buttered tin. Bake for 30 mn or until a skewer inserted in the center comes out clean. Allow to cool in the tin for about 5 mn, then turn out onto a wire rack and serve warm or cold.

4 to 6 Servings



Christmas log
Bûche de Noël

- 1 sugar package vanilla
- 170 sugar
- 180 flour
- 4 eggs
- 1/2 lemon juice
- 1/2 package of yeast
- Cream to the butter: 250 butter g
- 2OO sugar cane
- 2 entire eggs + 1egg yolk
- 2 chocolate bars
- 2 tablespoons 1/2 of Burgundy marc

Beat the sugar and the yolk of eggs until white, add 1/2 lemon juice and 1 water tablespoon. Add the yeast, a little salt, vanilla sugar, flour and the white eggs beaten in snow. Put on an oiled paper. Cook in the oven at 400 F for 10 mn. Cook towards the superior party of the oven. Foam the butter and sugar cane and add the eggs one at a time while beating between each. Incorporate the melted chocolate with and the burgundy marc.



Crêpes with Orange Butter
Crêpes Suzette

- 8-12 sweet crêpes (see recipe: Batter for Sweet Crêpes)
- 4 oz butter, at room temperature
- 3 Tbsp powdered sugar
- 1/2 cup + 2 Tbsp Grand Marnier (Order)
- Grated zest of one orange
- 1 Tbsp sugar

Cream the butter and powdered sugar; add 2 Tbsp Grand Marnier and the orange zest and mix well. Fill the warm crêpes with the mixture; fold each crêpe in four and fan them into on oven-proof dish; cover with foil; set in a warm oven (250° F) 15 minutes before serving. In a small sauce pan, warm the balance of the Grand Marnier. Remove the crêpes from the oven and discard the foil; sprinkle with 1 Tbsp sugar, pour the warm liqueur on the crêpes and flambé.

4 to 6 Servings



Chocolate Ganache with Raspberry Coulis
Ganache au Coulis de Framboises

- 1 lb raspberries
- Juice of 1/2 lemon
- 2 Tbsp superfine sugar
- 1 lb bittersweet chocolate

- 1 egg yolk
  2 cups whipping cream

Clean the raspberries with a damp paper towel. Reduce the fruit to a purée in a blender and then strain through a sieve to remove seeds. Add lemon juice and sugar to the purée, stir well and chill in the refrigerator. Line bottom and sides of a 10" tart pan with removable bottom with wax paper. Chop chocolate and melt in double boiler. Stir until smooth. Remove from over water. Bring cream to simmer in heavy saucepan over medium heat. Whisk yolk into warm chocolate. Gradually whisk in cream just until smooth. Strain ganache into tart pan. Refrigerate until set, about 4 hours. When set, remove sides of pan. Set tart on plate and cut into thin wedges. Serve with raspberry coulis on the side.

10 Servings



Orange Cream
Crème à l'Orange

- 4 oranges
- 1/2 cup sugar
- 2 Tbsp orange flower water or Grand Marnier (Order)
- 1 lemon
- 1 tsp vanilla extract
- 3 Tbsp corn starch
- 2 egg yolks

Cut away the skin of 2 oranges, exposing the moist fruit. Over a bowl, cut between the membranes to separate the segments. Sprinkle with 1 Tbsp of sugar and the orange blossom water (or Grand Marnier). Set aside. Press the remaining 2 oranges and the lemon. Pour the juice into a medium saucepan. Add 1 cup of water and the vanilla extract. Bring to a boil. Mix the cornstarch with 2 Tbsp of cold water and add to the hot liquid. Boil one minute, stirring constantly. Remove from the stove. In a small bowl, whisk the egg yolks; gradually add 1/2 cup of hot liquid, then pour back into the saucepan, whisking constantly. Add the macerated juice from the reserved orange segments and stir; then, carefully add the orange segments. Pour into four dessert cups, let cool, and refrigerate for 4 hours.

4 Servings

Mango and Raspberries in an Apple/Pear Sauce
Framboises et Mangues en Crème Pommes-Poires

- 2 apples, peeled, cored and cubed
- 2 pears, peeled, cored and cubed
- Juice from one lemon
- 3 Tbsp sugar
- 1/2 cup coconut milk
- 1 ripe mango, peeled and cubed
- 4 oz raspberries

Place the apples, pears, lemon juice, sugar, vanilla bean and 1/2 cup of water in a saucepan; cover and cook over medium-low heat for 15 minutes. When the fruits are soft, remove the vanilla bean, scraping off the seeds. Mix the fruits in a blender and add the coconut milk. Mix together, let cool and refrigerate for at least 2 hours. Divide the apple/pear sauce into 4 small bowls and garnish with the cubes of mango and the strawberries. Serve immediately.

4 Servings

Batter for Sweet Crêpes
Pâte à Crêpes de Froment

- 2 cups unbleached all-purpose flour
- Sea salt
- 2 1/2 cups milk
- 3 eggs, beaten
- 2 Tbsp melted butter (or oil)
- 1 Tbsp vanilla sugar (You can Order if you can't find it)
- 2 Tbsp Rum or Grand Marnier

Sift the flour and a pinch of salt in a bowl and make a well in the center. Add half of the milk and gradually whisk the flour into it. The batter will be barely fluid. Add the eggs and blend well; then whisk in the remaining milk. Add 1 Tbsp butter, vanilla sugar and Rum. Let stand for one hour. When you are ready to cook the crêpes, thin the batter with 2 Tbsp of warm water so the batter is runny enough to cover the bottom of the pan immediately. Heat a frying pan over medium-high heat and lightly brush the pan with some butter. Pour a ladle of batter into the pan and tip so that the batter is thinly spread. Cook for one and a half minute or until golden brown on the underside, then flip with a spatula and brown the other side for 30 seconds. Repeat with the remaining batter. Serve the crêpes as you go, or keep warm in a very low oven (covered with a towel), or in a plate set on top of a saucepan with simmering water (covered with another plate).

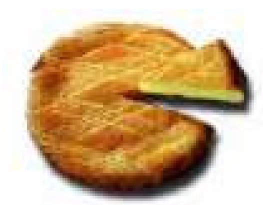
Makes 12-16 crêpes depending on size of the pan.

Baked Apples with Orange
Pommes rôties à l'Orange

- 3 oranges
- 3 Tbsp sugar
- 6 apples (Golden Delicious)

Preheat the oven to 350°F. Wash the oranges and cut in halves horizontally. Cut 6 large slices from the middle of the fruits. Set one slice each at the bottom of six individual baking dishes. Squeeze the juice of the remaining orange halves and dissolve the sugar in the juice. Wash and core the apples. With a sharp knife, cut the skin all the way around about one third of the way down each apple. Set on apple on top of each orange slice. Bake for 20 minutes. When the slits in the apple begin to separate, sprinkle the apples with the orange juice and bake until soft, about 20 mn more.

6 Servings



Basque Cake
Gâteau Basque

- For the pastry cream
- 1 cup milk
- 1/2 vanilla bean
- 1 whole egg
- 2 egg yolks
- 1/4 cup sugar
- 1/4 cup flour
- 1 Tbsp cornstarch
- 2 Tbsp rum
- For the cake
- 2 cups flour
- 3/4 cup sugar
- 1 tsp baking powder
- 1 whole egg
- 3 egg yolks
- 10 Tbsp butter, cut in small pieces, softened
- Grated rind of 1 lemon
- 2 Tbsp rum

- eggwash (1 egg yolk beaten with 1 Tbsp milk)

The cream. In heavy bottom saucepan, boil the milk and vanilla bean. Remove the bean. Whisk together eggs, egg yolks and sugar until creamy and pale-yellow. Whisk in the flour and cornstarch, then gradually add the hot milk, whisking constantly. Pour mixture back into the saucepan; on medium heat, bring the cream to a boil, stirring constantly and cook 1 mn. Remove from heat, add rum and set aside. The cake. In a bowl, mix flour, sugar, salt and baking powder. Make a well, add the whole egg, egg yolks, butter, lemon rind and rum. Start mixing ingredients together from the center with a wooden spoon and finish kneading by hand until the dough is homogenous. Roll in a ball and let rest in a cool place for 1 hour. Preheat oven to 400º. Divide the dough in 2 portions (2/3, 1/3). Cover the bottom and sides of a buttered 10" cake pan with the larger piece of dough. Whisk pastry cream until smooth and pour over the dough. Make a "lid" with the remaining portion of dough, place it on top of the pastry cream and seal the circumference by moistening the edges with a little bit of water. Brush the surface with the eggwash. Cook for 20 mn, reduce temperature to 350º and cook another 20 mn. Serve lukewarm or cold.

Serves 6 to 8



Baked caramel custard
Crème caramel

- 2 pints whole milk
- 6 eggs
- 4 oz sugar
- 3/4 oz vanilla sugar
- 1 vanilla bean
- for caramel :
- 5 oz sugar
- 5 Tb spoons water

Pre-heat oven 180°C/350°F
Make the caramel: mix the water and sugar together in a small heavy saucepan; bring to the boil on a high heat and swirl the pan once or twice without stirring; the mixture should turn yellow/brown after a few minutes. When the caramel is ready, immediately pour some into a soufflé dish and swirl it quickly to coat the bottom with the caramel. Do it for each dish. You must be quick because the caramel hardens as getting cooler. In a saucepan, pour the milk, sugar and sugar; add the vanilla pod split twice lengthwise (you need a sharp knife). Bring just to the boil on a low-medium flame, then remove from heat.

Meanwhile the milk is getting hot; beat the eggs in a large salad bowl. You must beat vigorously with a whisk so that they become frothy. When milk is ready, slowly start to pour it in the eggs, still whisking vigorously up to the last bit of milk. Evenly pour the milk in the 4 caramelized soufflé dishes (you can as well use 6 to 8 ramequins to serve more guests). Display them on the oven baking tray in which you must pour 1 cm / 1/2 in. water (the custard must cook at "bain-marie" way). Bake for 35 to 40 minutes until they get brown.
Serve cold or warm

4 Servings



Chocolate Profiteroles
Profiteroles au Chocolat

- For the choux pastry :
- 31/2 fl oz water
- 11/2 oz unsalted butter
- 3 oz plain four
- 2 big eggs
- 1 Tb spoon sugar
- 1 pinch salt
- To garnish :
- 14 fl oz vanilla ice cream
- 9 oz plain dark chocolate
- 6 Tb spoons single cream
- 3 Tb spoons milk

Pre-heat oven to 200°C / 400°F
Prepare the choux pastry: in a medium saucepan, pour the water, salt and the cubed butter. Bring to the boil and let the butter melt. Remove from heat and add the flour and sugar all at once. Sharply stir with a wooden spoon until the mixture is well blended; the pastry must become a ball which does not stick to the bottom on the pan. Let it cold for just a few minutes. One after the other, add the 2 eggs in the paste, and beat vigorously to incorporate them; finish turning for a while still with the wooden spoon. On a baking sheet, display balls of paste, they must be the size of a walnut and you can easily do it using two teaspoons. Leave space between each for they will rise. Bake for 20 minutes, then turn the oven off, leave the oven door half-open and let the choux dry inside for another 15 minutes. With a pointed and sharp knife, split the choux in halves (horizontally).
8- Prepare the chocolate sauce: cut the chocolate in small squares and put them in a small heavy saucepan with 3 spoons of milk. Melt the whole over a low heat, stirring

non stop with a wooden spoon until smooth. The chocolate must not stick to the pan (add one or two spoons of water if it does). Add the double cream and mix. Quickly put a small ball of ice cream in each choux, display them evenly in the ear dishes, pour the chocolate sauce over. Serve right away.

4 Servings



Pear Belle-Hélène
Poire Belle-Hélène

- 4 big pears, ripe and tasty
- 1/2 lemon
- 21/2 oz sugar
- 8 fl oz water
- 8 vanilla ice cream balls
- 7 oz black chocolate
- 2 Tb spoons sour cream

Peel the pears and rub them right away with lemon to keep them from getting dark; cut them in halves and take the core away with a pointed knife. In medium heavy saucepan, pour the water, sugar, and the juice of left lemon, mix together and bring to the boil; let simmer for 3 minutes, then put the pears in, cover with a lid and let the fruits poach for 5 minutes, turning them upside down once or twice. Strain (but keep the juice) them and let them cool down. Display two half pears in each of the rib dish. Cut the chocolate in small squares and put them in a small heavy saucepan with 4 spoons of the pear juice from cooking. Melt the whole over a low heat, stirring non stop with a wooden spoon until smooth. The chocolate must not stick to the pan. When the chocolate is ready, quickly put 2 balls of vanilla ice-cream on each pear. Add the sour cream to the chocolate. Pour it evenly on top of ice-cream in each dish and serve immediately.

4 Servings



Financier cake
Gâteau financier

- 7 oz plain flour
- 7 oz icing sugar
- 7 oz unsalted butter + some for tins
- 3.5 oz finely ground almonds
- 2 oz sliced almonds
- 4 eggs Yolk (white)
- Salt.

Melt the butter and let it cool down a bit. Meanwhile, in a salad bowl, mix the flour, the sugar, the ground almonds and a pinch salt together. Dig a "shaft" and add the egg whites, mix, then add the melted butter. Mix vigorously. Butter the tins, and evenly pour the pastry in them, then spread with the sliced almonds. Bake in preheated oven at 180°C / 350°F for 25 minutes. Let it cool down 3 minutes and take them out from tins.

4 Servings



Brioche
Brioche

- 9 oz plain flour
- 4.5 oz unsalted warm butter
- 2 eggs
- 3 Tb spoons warm milk
- 2 Tb spoons sugar
- 2/3 oz yeast
- 1 pinch salt.

Bake in preheated oven at 500°F for 10 minutes, then at 400°Ffor 20 minutes.
Mix the yeast with the warm milk. In a salad bowl, put the flour, dig a shaft in the middle and put the milk and the yeast, the eggs, the soft butter, the sugar and salt.

Whisk with a wooden spoon, work until you obtain an homogeneous and "elastic" mixture. You need to do this at least 20 minutes (some mixers have a kneading function which you can use). Pour the paste in a buttered and floured brioche tin; leave 2 hours at room temperature; it should double volume. Take out from tin right away and let cool down.



Meringues
Meringues

4 egg whites
1 cup sugar
1 t. vanilla

Preheat oven to 225 degrees.
Let egg whites get to room temperature. Whip until foamy, gradually adding sugar until whites form hard peaks. Fold in vanilla. Shape cookies on parchment lined cookie sheets using spoons or pastry bag. Bake until meringues are dry, or about 1 hour.

Makes about 3 dozen cookies.



Upside-down Apple Pie
Tarte Tatin

- 1 cup sugar
- 2/3 cup water
- 5 large apples peeled & sliced
- 1 cup apple sauce
- 1/2 cup Calvados (optional) (Order)
- 1 pinch on cinnamon (optional)
- 1 sheet of flaky pie crust

- 1 egg white

Bake in a preheated oven at 400 for about 25 minutes or until brown.

Heat the sugar and water in a medium saucepan on high, stirring frequently until sugar liquefies and begins to turn brown. Pour the sugar mixture into a greased pie pan covering the entire bottom of the pan. Add a layer of sliced apples on top of the sugar mixture and cinnamon (if you really have to), add applesauce, the remaining apples and then add the Calvados. Cover the pie with the flaky pie crust, tucking the edges around the apples. Mix the egg white with one tablespoon of water and brush the mixture over the pie crust.
Serve with French Vanilla ice cream.

6 to 8 Servings



Kings Cake
Galette de Rois

- 1 package of puff pastry
- 7oz almond paste
- 3 eggs separated
- 3 T powdered sugar
- fève (small porcelain sculpture of a king or a lima bean)

Bake at 400 degrees F for about 30 minutes or until golden brown.
Cut 2 circles from the puff pastry using a large plate as a form. Refrigerate. Thoroughly mix almond paste a 3 egg yellows. Place one pastry round on baking sheet. Spoon almond and egg mixture into center. Insert fève into mixture about 2 inches from edge. Mix egg whites with 2 T water. Use pastry brush to wet 1/2" edge around pastry round with egg mixture. Place other pastry round on top of lower round and pinch edges to seal in filling. Re-cut the round shape using the same large plate as before to get a clean cut edge. Use pastry brush to wet top of pastry with egg/water mixture. Score edges with vertical cuts about every 1/8th inch. Score top gently in circular pattern using only the weight of the knife. The cuts should not go through to the filling.

6 to 8 Servings



Kugelhopf Alsacian cake
Kugelhopf

- 6 Tablespoons raisins
- 2 Tablespoons kirsch
- 1/4 cup sugar
- 1/2 cup warm water
- 1 envelope dry yeast
- 6 Tablespoons milk
- 4 oz. butter, room temperature
- 2 cups of flour
- 2 eggs
- 4 pinches of salt
- For the mold:
- 1 Tablespoon butter
- 2 Tablespoons flour
- 2 Tablespoons slivered almonds

Place raisins in a bowl and sprinkle with the kirsch. Place 1/3 of the sugar in a 6-oz. glass and add the warm water. Stir until it dissolves. Sprinkle the yeast over the sugar water and mix in. Let stand in a warm place for about 10 minutes, until the mixture has risen to the level of the rim. Meanwhile warm the milk in a saucepan. In another bowl, work the butter until it is creamy. Sift the flour into a mixing bowl. Make a well in the center and add the eggs, salt remaining sugar milk and yeast mixture. Blend well. Add the butter and mix again. Turn the dough out and knead by hand, adding the raisins. Lift the dough as high as possible and let it fall again to achieve maximum aeration. Butter and flour a 9-inch Kugelhopf mold. Remove excess flour. Press the almonds into the grooves of the fluting. Place the dough into the mold. Cover with a clean towel and let rise for about 1 hour or until it is level with the rim of the mold. Preheat oven to 375°. Bake for 40 minutes or until golden brown. Remove from oven and turn it out onto a wire rack to cool. Transfer the Kugelhopf to a serving plate and sprinkle with some powdered sugar.

6 Servings



Savarin
Gâteau Savarin

- For the dough:
- 1 teaspoon active dry yeast
- 1 cup whole milk, warm to the touch
- 4 eggs
- 1 teaspoon sugar
- pinch of salt
- 1-1/2 cups white flour (White Lily works very well)
- 2 Tablespoons unsalted butter, softened
- For the syrup:
- 1 cup sugar
- 2 cups water
- 1/2 cup Kirsch

Preheat the oven to 350°. Add the yeast to 2 tablespoons of the warm milk and it allow it to sit for 10 minutes. Whisk the eggs, pinch of salt and sugar in a large bowl. Stir in the flour and just enough milk to work the mixture into a smooth paste. When it is smooth, stir in the rest of the milk and the yeast mixture. Cover and leave in a warm place for 1 hour or in the refrigerator for 4 hours. It should be allowed to increase in volume only by about 50%. Coat the inside of the mold with the softened butter, then place it in the refrigerator for 15 minutes. Remove from refrigerator and coat again with butter. Gently pour in the batter, cover the mold completely with plastic wrap and allow sitting at room temperature for 30 minutes. Put the mold on a baking sheet and bake for 25-30 minutes. A paring knife slid into the savarin should come out cleanly. Immediately remove from the mold and place on a rack to cool for 45 minutes.

Prepare the sugar syrup:
11. Combine the sugar and water in a small saucepan and bring to a boil. Boil just long enough to allow the sugar to dissolve. Do not reduce the syrup. Remove from stove and allow cooling. When the syrup has cooled, stir in the Kirsch. Set the savarin on a small cake pan with a rimmed sheet pan under it to catch any syrup. With a skewer, poke the savarin in eight places and ladle the syrup over it. When all the syrup has been used, collect any that has run off, and spoon it over the savarin. Continue this process until all the syrup has been soaked into the cake. Carefully transfer the savarin to a serving platter, cover with plastic wrap and refrigerate for 1 hour before serving. Cut into wedges and serve plain or garnished with berries and whipped cream.



Sponge cake
Génoise

- 3 tablespoons clarified butter
- 1 teaspoon vanilla extract
- 4 large eggs
- 1/2 cup sugar
- 1/2 cup sifted cake flour
- 1/2 cup minus l tablespoon cornstarch, lightly spooned
- (To make clarified butter take 4 tablespoons unsalted butter and put into a heavy saucepan. Melt the butter over medium heat, partially covering to prevent splattering. When the butter looks clear, cook uncovered, watching carefully until the solids drop and begin to brown. Pour immediately through a fine strainer or a strainer lined with cheesecloth.)
- SYRUP: Makes 3/4 cup syrup
- 1/4 cup + 1 1/2 teaspoons sugar
- 1/2 liquid cup water
- 2 tablespoons liqueur of your choice

Preheat oven to 350 degrees. Grease, line bottom of 9 inch cake or spring form pan with parchment, and then grease again and flour. Warm the clarified butter until almost hot (110 degrees F). Add vanilla and keep warm. In a large mixing bowl set over a pan of simmering water heat the eggs and sugar until just lukewarm, stirring constantly to prevent curdling. Transfer mixture to bowl of electric mixer and using the whisk beater, beat the mixture on high speed for five minutes or until triple in volume. While the eggs are beating, sift together the flour and cornstarch. Remove l scant cup of the egg mixture and thoroughly whisk it into the clarified butter. Sift 1/2 the flour mixture over the remaining egg mixture and fold it in gently but rapidly with a large balloon whisk, or rubber spatula until all the flour has disappeared. Repeat with the remaining flour mixture until the flour has disappeared completely. Fold in the butter mixture until just incorporated. Pour immediately into the prepared pan (it will be about 2/3 full) and bake 25 to 35 minutes or until the cake is golden brown and starts to shrink from the sides of the pan. (No need for a cake tester. Once the sides shrink the cake is done.) Avoid opening the oven door before the minimum time or the cake could fall. Test toward the end of baking by opening the door slightly and, if at a quick glance it does not appear done, close door at one and check again in five minutes. Loosen the sides of the cake with a small spatula and unmold at once onto a lightly greased rack. Reinvert to cool. Trim the bottom and top crust when ready to complete the cake and sprinkle the syrup evenly on both sides. In a small saucepan with a tight fitting lid bring the sugar and water to a

rolling boil, stirring constantly. Cover immediately, remove from the heat, and allow cooling completely. Transfer to a liquid measuring cup and stir in the liqueur. If the syrup has slightly evaporated, add enough water to equal 3/4 cup. Store (without syrup) two days at room temperature or two months frozen. After adding the syrup the flavors ripen and the moisture is more evenly distributed one day later. The completed cake can be refrigerated up to five days and frozen up to two months. Syrup can be refrigerated for one month in an airtight container. This cake would be great with either the Cream Frosting or Butter cream Frosting. Split the cake in half horizontally and place on cake round. Brush cake with 3 Tablespoons of syrup then a layer of frosting. Frost the top and sides with frosting. Put remaining frosting in a pastry bag with a 4B tip and pipe rosettes around top of cake. Another idea is to toast shaved almonds in a 350 degree oven for 5 minutes. When cool cover the sides of the cake with the almonds.

I hope you will enjoy these recipes. Bon Appétit!

How to Order

ITEM	PRICE	ORDER
FOIE GRAS/TRUFFLES		
Block of Duck foie gras 7.4 oz	$47.50	http://www.freewebs.com/finefrenchfood
Block of goose foie gras 5.1 oz	$43.95	http://www.freewebs.com/finefrenchfood
Raw duck foie gras 1.25 lb	$82.95	http://www.freewebs.com/finefrenchfood
Mousse de foie de canard 3.2 oz	$11.95	http://www.freewebs.com/finefrenchfood
Goose fat 11.3 oz	$11.95	http://www.freewebs.com/finefrenchfood
Black truffle 1.75 oz	$22.95	http://www.freewebs.com/finefrenchfood
Peelings of black truffle 0.9 oz	$10.95	http://www.freewebs.com/finefrenchfood
DUCK		
Smoked duck breast 2 oz	$15.99	http://www.freewebs.com/finefrenchfood
Duck legs confit 2.75 lb	$34.95	http://www.freewebs.com/finefrenchfood
Duck fat 2lb	$13.95	http://www.freewebs.com/finefrenchfood
2 single duck magret	$26.00	http://www.freewebs.com/finefrenchfood
SAUSAGES/HAM		
Andouillette 1.1 lb	$13.95	http://www.freewebs.com/finefrenchfood
Bayonne/Proscuitto ham	$8.99	http://www.freewebs.com/finefrenchfood
Toulouse sausage 1 lb	$10.95	http://www.freewebs.com/finefrenchfood
CONDIMENTS/OTHER		
Burgundy snails	$10.95	http://www.freewebs.com/finefrenchfood
Herbs of Provence	$10.95	http://www.freewebs.com/finefrenchfood
Herbs for fish	$11.95	http://www.freewebs.com/finefrenchfood
Fleur de sel de Guérande 8.8 oz	$11.95	http://www.freewebs.com/finefrenchfood
Gelatin leaves (40 in pack)	$13.95	http://www.freewebs.com/finefrenchfood
Cayenne Pepper 1.6 oz	$6.04	http://www.freewebs.com/finefrenchfood
Mustard Old Style	$8.09	http://www.freewebs.com/finefrenchfood
Dried Cêpes 1.75 oz	$9.95	http://www.freewebs.com/finefrenchfood
Dijon mustard	$6.50	http://www.freewebs.com/finefrenchfood
Tapenade (black olive paste) 8 oz	$9.95	http://www.freewebs.com/finefrenchfood
Acacia honey 8.8 oz	$11.95	http://www.freewebs.com/finefrenchfood
Semi dried Prunes of Agen 7 oz	$10.99	http://www.freewebs.com/finefrenchfood
Orange blossom honey 8.8 oz	$10.95	http://www.freewebs.com/finefrenchfood
Espelette pepper	$8.99	http://www.freewebs.com/finefrenchfood
Gingerbread-Pain d'épice 14 oz	$13.95	http://www.freewebs.com/finefrenchfood
Ready cooked chestnuts 17 oz	$14.95	http://www.freewebs.com/finefrenchfood
Dried morels (mushrooms) 1.75 oz	$19.95	http://www.freewebs.com/finefrenchfood
Champagne cookies (Biscuits roses) 6.2 oz	$12.95	http://www.freewebs.com/finefrenchfood

Valrhona special Gastronomie. Bittersweet dark chocolate	$12.95	http://www.freewebs.com/finefrenchfood
Lavender honey 8.8 oz	$9.95	http://www.freewebs.com/finefrenchfood
LIQUEURS		
Cognac Belle de Brillet	$39.55	http://www.freewebs.com/finefrenchfood
Vin blanc de Savoie	$12.99	http://www.freewebs.com/finefrenchfood
Grandmarnier 375 ml	$28.95	http://www.freewebs.com/finefrenchfood
Cointreau 375 ml	$29.95	http://www.freewebs.com/finefrenchfood
Calvados du Coquerel	$30.85	http://www.freewebs.com/finefrenchfood
CHEESE		
Beaufort	$14.99	http://www.freewebs.com/finefrenchfood
Bleu d'Auvergne 3 lb	$ 36.15	http://www.freewebs.com/finefrenchfood
Brillat Savarin 5 oz	$18.99	http://www.freewebs.com/finefrenchfood
Bûche de Chêvre	$15.99	http://www.freewebs.com/finefrenchfood
Cantal	$13.99	http://www.freewebs.com/finefrenchfood
Chaource 8.8 oz	$10.58	http://www.freewebs.com/finefrenchfood
Coulomier	$16.99	http://www.freewebs.com/finefrenchfood
Crottin de Chavignol	$7.99	http://www.freewebs.com/finefrenchfood
Emmental	$9.99	http://www.freewebs.com/finefrenchfood
French Munster	$8.99	http://www.freewebs.com/finefrenchfood
Gruyère	$16.99	http://www.freewebs.com/finefrenchfood
Pt'it Basque	$ 29.99	http://www.freewebs.com/finefrenchfood
Reblochon	$18.99	http://www.freewebs.com/finefrenchfood
Roquefort 3.5 oz	$12.85	http://www.freewebs.com/finefrenchfood
Tomme de Savoie	$15.99	http://www.freewebs.com/finefrenchfood